

Dear Parents and Carers,

I was so impressed with some of the number inspired outfits that children were wearing for the NSPCC Number Day last week. Thank you to all who donated to the day and bake sale. We raised a wonderful £105.22 which goes to support the training of volunteers. In the summer term, the NSPCC will be visiting school to support our PSHE curriculum with their Speak Out, Stay Safe programme.

Congratulations to our wonderful Severn Class dancers who performed at the WBS Primary Dance Festival this week. Despite a few backstage nerves, they all danced their socks off! Thank you to Mrs Williams for all her hard work in choreographing and rehearsing with the children to ensure the children were well prepared.

Finally, I wish you all a relaxing and enjoyable half term break and we look forward to welcoming you all back on Monday 19<sup>th</sup> February.

Mrs Phillips



## Number Day 2024



Longest carrot - Rex

Heaviest potato - Phoebe



Dress to Express  
raised £43 for  
Place2Be in aid of  
Childrens Mental  
Health

Thank you



We have been celebrating National Storytelling Week. A joyful celebration of the power of sharing stories, we have learned how stories teach us about the world, allow us to step into someone else's shoes, help us relax and escape, and how they develop essential literacy skills.

To enrich our week, local storyteller Amy Douglas visited Church Preen Primary School, to share some of stories from her book *Shropshire Folk Tales for Children*. Welcoming Key Stage 1 from across the Federation, we were enthralled by Amy's storytelling! We took part in wonderful workshops, teaching us techniques for telling stories effectively. A brilliant opportunity to develop our literacy skills, we were in awe of the stories linked to our local area. Some children received signed copies of her book too!



## **Severn Class**

Dear Parents,

'Ole! Ole! Oleeeee!' I'm sure many of you have had this song playing in the house the past few weeks. Nevertheless, it was all worth it. We are so proud of Class Severn's dance number performed at the WBS Dance Festival this term. A huge well done to all involved!

As well as our wonderful dancing, Class Severn have been busy learning about the types and layers of soil, and sewing together their garden tool belts in DT. It was brilliant using the sewing machine with the help of Mrs Williams's mum!

For the holidays, the children have been set a Science homework linked to Mary Anning. Shropshire Hills Discovery Centre has a Mary Anning workshop running over the holidays which may be of interest to you, and link nicely to our learning around fossils.

Have a brilliant half term everybody.

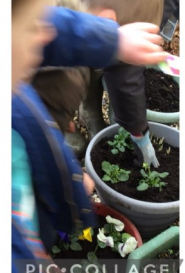
Best wishes,

Mrs Williams



## Cound Class

We attended the PE event at William Brookes school and had so much fun despite the bitterly cold wind. They gained a certificate for demonstrating the value of self belief. Reception children also helped to plant up some pansies and tidy the entrance to our school as Spring is on the way.



## Church Preen Primary School PTA

# AGM

### Annual General Meeting

## Everyone is welcome.

### Stay informed and get involved.

### Thursday 29<sup>th</sup> February 2024

### 7pm

### Church Preen Village Hall

Our PTA needs your support. We are on the verge of having to cease if we don't.



**Parentkind**  
Member Association

New events (in bold) so please keep an eye on the diary

**February**

*Monday 12th - Friday 16th - HALF TERM*

**21st - 22nd - Y5/Y6 Bikeability**

**28th - Cound Class Shrewsbury Trip**

**29th - PTA AGM 7pm Church Preen VH**

**March**

Tuesday's in March - Special Lunch Menu

**6th & 13th Mothers Day Lunch -details to follow**

**7th - World Book Day & Special Lunch**

**Tuesday 12th March - Parents Consultation**

**21st - LKS2 PE Event - Church Preen**

**22nd - Cressage Cup**

*Monday 25th March - Friday 5th April - Easter Holidays*

**April**

Thursday 11<sup>th</sup> to Friday 12th April - Y3/4 Residential

**17th - Cricket Engagement Day**

**24th - Y5/6 Oaker wood Residential**

**May**

**Monday 6th May - Bank Holiday**

**Monday 27th - Friday 31st - HALF TERM**

Friday 19th July - End of Term



shutterstock.com - 281364161

Are you following us on our  
social media platforms or missing out?

Twitter: @churchpreen

Facebook: @churchpreenprimaryschool



# Menu Weeks & Additional Information

## WEEK 1

04/09/2023  
25/09/2023  
16/10/2023  
13/11/2023  
04/12/2023  
01/01/2024  
22/01/2024  
19/02/2024  
11/03/2024  
15/04/2024  
06/05/2024  
03/06/2024  
24/06/2024  
15/07/2024

## WEEK 2

11/09/2023  
02/10/2023  
23/10/2023  
20/11/2023  
11/12/2023  
08/01/2024  
29/01/2024  
26/02/2024  
18/03/2024  
22/04/2024  
13/05/2024  
10/06/2024  
01/07/2024

## WEEK 3

18/09/2023  
09/10/2023  
06/11/2023  
27/11/2023  
18/12/2023  
15/01/2024  
05/02/2024  
04/03/2024  
08/04/2024  
29/04/2024  
20/05/2024  
17/06/2024  
08/07/2024

### Each day your child can enjoy:

- A choice of main meals and seasonal vegetables.
- A dessert, piece of fresh fruit or yoghurt.
- Access to our salad bar, fresh bread and water station.

### Free school meals:

Your child may be eligible for free school meals please contact your school for further information.

### Theme day calendar

Look out for these fun menus throughout the year!



for further information  
T: 01743 250250  
www.shireservices.co.uk



### Are you in receipt of any benefits?

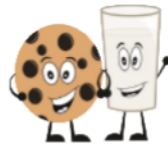
Could you be entitled to Free School meals,

Even parents of children in Reception, Year 1 and Year 2. Free school meals generates funding for your school so follow the link and see if you are entitled.

<https://shropshire.gov.uk/free-school-meals/>

## WEEK 1

Fresh DINING



### MONDAY

Everyday favourites

### TUESDAY

### WEDNESDAY

Mid-week roast

### THURSDAY

### FRIDAY

Take-away day

**SAMMY SWEETCORN SAYS...**

'Enjoy your lunch'

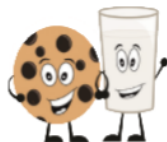


OPTION 1	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognaise	Chicken Nuggets
OPTION 2	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
CARBS	Mashed Potatoes or Crusty Bread	Pasta or Diced Potatoes	Roast & New Potatoes	Garlic & Herb Bread or Potato Wedges	Potato Crunchies or Pasta
PUDDING	Mousse	Waffle	Iced Cake	Cookies	<b>Fruity Friday</b> A selection of chilled, frozen & fresh fruit desserts

**ALL SERVED WITH** - A choice of two vegetables, baked beans, freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts

# WEEK 2

Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday  
favourites

Mid-week  
roast

Take-away  
day

SAMMY  
SWEETCORN  
SAYS...

'Enjoy your  
lunch'



OPTION  
1

Fish Finger  
Fish Cake  
or Fish Shape

Breaded  
Chicken Steak

Roast Beef  
Yorkshire Pudding  
& Gravy

Chicken Tikka  
Masala

Pizza Selection

OPTION  
2

Mac 'n' Cheese v

Quorn  
Bolognese v

Roasted  
Quorn Fillet  
& Gravy v

Jacket Potato  
with Cheese  
& Baked Beans v

Nacho Bites v

CARBS

Diced Potatoes  
or Crusty Bread

Potato Crunchies  
or Garlic & Herb  
Bread

Roast & Mashed  
Potatoes

Rice  
or Potato Wedges

Chips

PUDDING

Chocolate  
Crunch

Waffle

Ice-cream Tub

Toffee Apple Slice  
Custard

**Fruity Friday**  
A selection of chilled,  
frozen & fresh  
fruit desserts

**ALL SERVED WITH** - A choice of two vegetables, baked beans,  
freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts

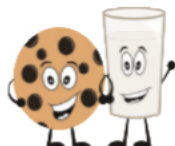
Church Preen Primary School

Food allergen & intolerance information - before ordering speak to our staff about your requirements

[www.shireservices.co.uk](http://www.shireservices.co.uk)

# WEEK 3

Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday  
favourites

Mid-week  
roast

Take-away  
day

SAMMY  
SWEETCORN  
SAYS...

'Enjoy your  
lunch'



OPTION  
1

Sweet & Sour  
Chicken

Beef Burger  
with tomato ketchup

Roast Pork  
Yorkshire Pudding  
& Gravy

Mac 'n' Cheese  
Chicken Bake

Shepherd's Pie

OPTION  
2

BBQ Veggie  
Hot Dog v

Vegetable &  
Bean Burger v

Meat (free) Balls  
Yorkshire Pudding  
& Gravy v

Jacket Potato  
with Cheese  
& Baked Beans v

Pizza Selection v

CARBS

Pasta  
or Potato Crunchies

Diced Potatoes

Roast & New  
Potatoes

Potato Wedges  
or Garlic &  
Herb Bread

Chips

PUDDING

Flapjacks

Iced Cake

Waffle

Apple Puff Slice  
Custard

**Fruity Friday**  
A selection of chilled,  
frozen & fresh  
fruit desserts

**ALL SERVED WITH** - A choice of two vegetables, baked beans,  
freshly prepared seasonal salads, crusty bread, fresh fruit salad & yoghurts

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## New workshops beginning in the Spring Term . Book Now

**Shropshire Council**

- Would you like to know more about why sleep is important for our health and emotional well-being?
- Does your child struggle with their sleep?
- Would you like to access support to help improve sleep and bedtime routines?
- Would you like to meet other parents/carers to share and discuss experiences?

### SLEEP TIGHT WORKSHOP

The workshops are delivered virtually via MS Teams or face to face at a venue in Shrewsbury. All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.

Our workshops run for 5 weeks from the start date excluding the School Holidays.

**Starts on Friday 12<sup>th</sup> January 2024 from 09.30am to 11.30am in Shrewsbury, venue to be confirmed.**

**Starts on Friday 12<sup>th</sup> January 2024 from 12.30pm to 2.30pm Virtually via MS Teams**

**Starts on Friday 23<sup>rd</sup> February 2024 from 9.30am to 11.30am in Shrewsbury, venue to be confirmed.**

**Starts Friday 23<sup>rd</sup> February 2024 from 12.30pm to 2.30pm Virtually via MS Teams**

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:  
Emailing [Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)  
Or call us on 01743 250950

[www.shropshire.gov.uk](https://www.shropshire.gov.uk)  
General Enquiries: 0345 678 9000

**Shropshire Council**

If you would like to find out about other services the Parenting Team offers please email  
[Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)  
or call us on 01743 250950

**Understanding YOUR Child**

### PARENTING HELP AND SUPPORT LINE

available  
**Monday to Thursday from 9.30am to 4.30pm**  
and  
**Friday 9.30am to 3.30pm**

You can contact the Parenting Help and Support Line by calling  
**01743 250950**

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. The Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around child development and parenting?

Why not call our Parenting Help and Support Line where one of our trained Parenting Practitioners will be ready to listen.

(Please note the Parenting Help and Support Line will not operate Bank Holidays and between Christmas & New Year)

If you have concerns about a child's safety or well-being, please call  
**First Point of Contact 0345 678 9021**

**Understanding YOUR TEEN**

[www.shropshire.gov.uk](https://www.shropshire.gov.uk)  
General Enquiries: 0345 678 9000

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 devices which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, hints and tips for adults.

# SMARTPHONE SAFETY TIPS

## for young people

7 You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it, if it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're sitting from a public place then don't forget that anyone could overhear something personal about you.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

**Meet Our Expert**

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**The National College**

**NOS National Online Safety**  
#WakeUpWednesday

[@nationalonlinesafety](https://www.nationalonlinesafety.com) [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety) [@national\\_online\\_safety](https://www.tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023



## TERM DATES 2023-24

Monday 4 <sup>th</sup> September	Training Day for school staff – school not open to pupils
Tuesday 5 <sup>th</sup> September – Thursday 26 <sup>th</sup> October	Pupil days
Friday 27 <sup>th</sup> October	Training day for school staff – school not open to pupils
Monday 30 <sup>th</sup> October – Friday 3 <sup>rd</sup> November	Half term holiday
Monday 6 <sup>th</sup> November – Wednesday 20 <sup>th</sup> December	Pupil days
Thursday 21 <sup>st</sup> December – Tuesday 2 <sup>nd</sup> January	Christmas holiday
Wednesday 3 <sup>rd</sup> January	Training day for school staff – school not open to pupils
Thursday 4 <sup>th</sup> January – Friday 9 <sup>th</sup> February	Pupil days
Monday 12 <sup>th</sup> February – Friday 16 <sup>th</sup> February	Half term holiday
Monday 19 <sup>th</sup> February – Friday 22 <sup>nd</sup> March	Pupil days
Monday 25 <sup>th</sup> March – Friday 5 <sup>th</sup> April	Easter holiday
Monday 8 <sup>th</sup> April – Friday 24 <sup>th</sup> May	Pupil days
Monday 6 <sup>th</sup> May	Bank Holiday - school not open to pupils
Monday 27 <sup>th</sup> May – Friday 31 <sup>st</sup> May	Half term holiday
Monday 3 <sup>rd</sup> June – Friday 19 <sup>th</sup> July	Pupil days