

Dear Parents and Carers,

School has been a little busier than usual over the last few weeks with plenty of exciting events and activities taking place.

Our magical mystery-themed World Book Day afternoon tea was very well supported with many parents able to engage in an afternoon of cake and books. Pupils from Severn Class took part in the Wenlock Olympians Live Arts festival and returned with bronze medals and certificates. Well done to all those who took part. Cound Class visited Shrewsbury and the Museum and Art Gallery and produced some fabulous printed art work. Pupils from across the school welcomed their mums and grandmas to our Mothers' Day lunch events.

Thank you to all who attended and to our hard-working staff who have enabled such events to take place.

I wish you all a happy and relaxing Easter break.

Mrs Phillips





- 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 help and support to improve sleep and bedtime routines?
 - Would you like to meet other parents/carers to share and discuss experiences?

SLEEP TIGHT WORKSHOP

Starts on Monday 15th April 2024 from 9.30am to 11.30am at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17th April 2024 from 9.30am to 11.30am Virtually via MS Teams

Starts Monday 10th June 2024 from 12.30pm to 2.30pm at Bridgnorth Youth Centre

Starts Wednesday 12th June 2024 from 9.30am to 11.30am Virtually via MS Teams

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire. Our workshops run for 5 weeks from the start date excluding the School Holidays.

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 Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.



If you would like to find out about further help and support the Parenting Team offer please email Parenting.team@shropshire.gov.uk or call us on 01743 250950. All our services are free of charge to Shropshire Council residents.



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 help and support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around your child's 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 on Bank Holidays)

If you have concerns about a child's safety or well-being, please call

First Point of Contact 0345 678 9021



- 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?



UNDERSTANDING YOUR CHILD GROUPS From Toddler to Teen

Understanding Your Child starts on Wednesday 10th April 2024 From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

Understanding Your Child SEND starts on Thursday 11th April 2024 from 9.30am to 11.30am Virtually via MS Teams

Understanding Your Child starts on Thursday 11th April 2024 From 1.15pm to 3.15pm in Bridgnorth at St Marys Bluecoat Primary School

Understanding Your Child SEND starts on Friday 12th April 2024 From 09.30am to 11.30am in Shrewsbury at Sunflower House

Understanding Your Child starts on Friday 12th April 2024 from 12.30pm to 2.30pm Virtually via MS Teams

The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire. 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 on one of our groups or for further information on the groups we run please contact the Parenting Team by: Emailing: Parenting.team@shropshire.gov.uk or call us on telephone: 01743 250950

All our groups are free to Shropshire Council residents.



CLOSURE NOTICE

from Shropshire Beam and Shropshire Wellbeing Zones Services

Shropshire Beam has been operating with the BeeU partnership in the area since 2017 and over the years we have supported many fantastic children, young people & parents. Unfortunately, our funding will come to an end in April 2024 and as a result both the Beam and Wellbeing Zone service will close.

Within the past year The Children's Society have had the privilege to work with 1578 young people for individual support and 4607 young people in therapeutic workshops. We recognise the impact this will have in the area once our service closes and are terribly disappointed by the news the funding will not continue.

Our staff have started to notify our children, young people and their families of the closure, with further details to be shared on wider TCS social media accounts. We have also provided links to our website which has a range of resources which will support children, young people and parents whilst identifying other great services across Shropshire, Telford and Wrekin.

There is so much for us to be proud of and we greatly appreciate all Shropshire Beam and Wellbeing Zone teams and would like to thank you for your support over these fabulous years.

The Children's Society Beam & Wellbeing Zone Teams

@ShropshireBeam

Should you wish to address this closure with comment please do send an email to The Service Manager at shropshirebeam@childrenssociety.org.uk



Dear Parents,

Thank you to all parents who were able to attend parent consultations this week. It is always brilliant to share your child/ren's successes and the learning in our classroom.

It's been a busy few weeks in Class Severn! We had a brilliant World Book Day – dressing as our favourite magical characters, creating dioramas, and most enjoyably, our Afternoon Tea with parents and friends of the school. British Science Week was next! We took part in a range of scientific enquiries within our unit on states of matter; 3&4 measuring temperature, 5&6 creating water filters. Do ask us about the Curly Wurly Challenge and Newtonian liquids!

At Church Preen, we value the opportunities to get involved with events in the local community. Several pupils from Class Severn attended Live Arts, organised by the Wenlock Olympian Society. They performed a powerful poem; Refugees by Brian Bilston. Donned with protest signs, the children showed an excellent understanding on the different viewpoints on the refugees crisis, placing 3rd in the competition. We are very proud of the empathy and maturity our pupils demonstrated when exploring this topic.

This week, our wonderful FIRST® LEGO® League Challenge teams competed in the final at Concord College. Developing their projects since September, pupils took part in three rounds of robotics programming challenges, shared their game coding skills, and presented their innovation project to a panel of judges. Our 'Preen Queens' received the Motivate Award for being the most supportive team – with particular reference to their 'intelligently brought together Netball shoe design'. Another pupil received the top award for Most Developed Project, smashing the robot programming with a score of 210! It was brilliant watching presentations from Concord pupils, realising where our newly developed computational thinking can take us! A huge thank you for parents supporting this amazing opportunity, and to Mr Weston at Concord for facilitating. We look forward to getting more of our pupils involved in next year's team!

All information has now gone out regarding our upcoming residentials: Y3&4 – Pioneer, Y5&6 – Oakerwood. If you have any questions, please do not hesitate to contact the school to make an appointment, send me an email, or catch me on the playground at the end of the day.

Thank you for your brilliant support.

Best wishes,

Mrs Williams





World Book Day 2024



Dear Parents / carers

This week was British Science week. Cound class took part in two NFU Science Farm live sessions. The first was about a day in the life of a farmer and the second, a day in the life of a farm vet. In our practical lessons, Y1.2 completed an Ice Escape investigation using different salt to try and help the animals frozen in ice, whilst the whole class carried out a Get Set Jellies investigation to determine if setting times were affected when different types of fruit are added.

In Computing, Reception created some Amazing Aliens whilst Y1.2 have been working out their own routes for the BeeBots, programming them and then debugging if it doesnt work.

In DT, Reception have created chairs for their soft toys and Y1.2 built their bridges from their design.



Shropshire Sings

A reminder to parents if you wish to purchase discounted tickets for Shropshire Sings you need to order these from Shop in School-Money. The deadline date for advance ticket sales is Friday 17th May. Tickets will be available to purchase thereafter 'on the door'.

New messaging service:

Please note after Easter we will cease to use ParentMail as our messaging platform, please look out for messages from ScholarPack. If you have not done so already, please could you return the data information sheet handed out during parent consults, to confirm that we have the correct contact details for your child.

OakerWood Y5 and Y6 residential.

Reminder that the final instalment date for residential is due 1st April. final details in letter from Mrs Williams, which includes kit list have gone out today

Easter Disco

The Easter disco is next Thursday. Letters have been sent home and the PTA would appreciate if the replies and monies could be returned by Monday at the latest.

At The National College, our **WakeUpWednesday** guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalonline-safety.com

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – play through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, young boys and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering support for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and/or in pain – as well as those who have experienced adverse childhood experiences – are more likely to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often be difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger should negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problems.
- 5. BE A DYSREGULATION DETECTIVE**
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child is calm and not dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, or an object they're using, or something else entirely. Once you identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. Each one can be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fidget lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, but encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. When you do, you're obviously not to avoid sharing anything for personal with children. The point is to show them you're experiencing and handling our own feelings. They then learn how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always better to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one. It's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert
Dr Claire Sulzberger is an online safety consultant, educator and researcher who has written and presented on a range of topics including online safety policies for schools. She has written various academic papers and co-edited two books for the Association for Child and Adolescent Mental Health on the wellbeing of young people in the UK, USA and Australia.

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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 apps which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients (not even WhatsApp can read them). Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp business features, not to personal messages.

16+ UK AND EUROPE THE REST OF THE WORLD

WHAT ARE THE RISKS?

- SCAMS**
Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to claim their prize. Other common scams warning someone that their WhatsApp subscription has run out or urging to sign them into disclosing payment details (or impersonating a friend or relative and asking for money to be transferred to help with an emergency).
- DISAPPEARING MESSAGES**
Users can set WhatsApp messages to disappear after 24 hours. Messages can also be instructed to disappear after 7 days. Messages can't be saved or forwarded – so if your child has sent a message to a friend, it would be difficult to prove if someone had taken a screenshot and saved that as evidence.
- ENABLING FAKE NEWS**
WhatsApp has unfortunately been linked to spreading the spread of disinformation. In India in 2018, some outbreaks of measles were linked to WhatsApp rumours by false allegations being shared on the app. WhatsApp has since taken steps to prevent its users circulating hazardous disinformation and spreading rumours, such as the Covid-19 pandemic.

ADVICE FOR PARENTS & CARERS

- CREATE A SAFE PROFILE**
Even though someone would need a child's phone number to add them as a contact, it's also worth offering a young person a profile settings to restrict who can see their photos and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two means that your child's profile is better protected.
- LEAVE A GROUP**
If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be in, they can leave the group. To do this, they can tap on the group name at the top of the chat, tap on 'leave group', and confirm they want to leave. It is permanent.
- THINK ABOUT LOCATION**
If your child needs to use the 'live location' function to show you or one of their friends where they are, select how long they want to share their location on for as long as they need to. You can also choose to share your location for a set period of time, and your location will stop sharing their position as soon as it is no longer needed.
- DELETE ACCIDENTAL MESSAGES**
If you've sent a message that you don't want to delete, WhatsApp allows the user to delete a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.
- CHECK THE FACTS**
You can now fact-check messages that have been forwarded at least five times. You can also tap on the 'fact-check' icon to see if the message is true or not.

Meet Our Expert
Parvati Kaur is a social media expert and digital marketer who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media world and is the author of *Go Social: A Parent's Guide to Helping Your Child Thrive in a Digital World*.

NOS National Online Safety #WakeUpWednesday

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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 nationalonline-safety.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS for young people

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 a crucial barrier to anyone accessing your apps and personal information. You shouldn't give it out to anyone, even if they're your friend or family. If you're ever leaving a phone or handing it over to someone else, make sure you can change it and make sure you know what they're doing with it.
- ONLY USE AGE-APPROPRIATE APPS**
Before downloading a new app or game, check what age rating it has. It's also worth checking if the app is intended for kids or teens. There's a definite risk that it could include content (which is likely to be frightening, or disturbing) that 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 and responsible enough to use it safely. They might set controls and features 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 helps you enjoy using your phone while respecting their wishes.
- TALK TO A TRUSTED ADULT**
Whether it's to listen to music, play games, create content or chat with friends, a smartphone is a great way to have fun. If you're ever leaving a phone, or handing it over to someone else, make sure you can change it and make sure you know what they're doing with it.
- STAY ALERT**
Your phone is a great tool, but it's also easy to get distracted by. Notifications and pop-ups can be distracting, so it's important to turn them off for apps that you don't use often. This helps you stay focused on what you're doing and avoid distractions.
- 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 the phone down for a while give us more time to interact with others in a digital way, and 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 make a distinction for individual apps and photos; this means that you can choose to share your location (including strangers) can't see information about your location when you're out and about. It's important to be aware of this, as some apps and photos can share your location with others, and some apps can use your location to track you and share your location with others.

Meet Our Expert
Dr Claire Sulzberger is an online safety consultant, educator and researcher who has written and presented on a range of topics including online safety policies for schools. She has written various academic papers and co-edited two books for the Association for Child and Adolescent Mental Health on the wellbeing of young people in the UK, USA and Australia.

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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 nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrains young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest; someone who regularly interacts with a particular type of content will see the latest results at the top of their feed. If you're using a social media app, you can see what content is being recommended to you. Someone who's had a bad day and looks for posts about their mood will find similar content being suggested to them more often.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommendations that are shown. Users can opt to view content from people they follow, which means that they're only seeing content from people they know. This can be a good way to avoid the main feeds, which are full of content that you don't know and that you don't want to see.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online helps them to understand what they're interacting with. Don't assume that platforms are censoring out inappropriate material, or even that they're filtering out content that's harmful. Discuss what they've seen with them, and ask them to come up with their own ideas for how to deal with it. It's important to have a conversation about what they've seen, and to ask them to come up with their own ideas for how to deal with it.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across content that's upsetting or disturbing, there's the option to hide that content, as well as blocking the user who posted it. You can also report the content to the platform, which will take action to remove it. It's important to know how to do this, so that your child can take control of their own experience.
- 5. SET DAILY LIMITS**
Phones and most apps can track how long you spend on them. Spending too long online can mean that you're not getting enough sleep, and that you're not taking time to do other things that are important to you. It's important to set limits on how long you spend on social media, and to make sure that you're taking time to do other things that are important to you.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child spends their time online can help you to understand what they're doing, and to make sure that they're not getting into trouble. You can use parental controls to monitor their activity, but it's important to be aware of their privacy settings, and to make sure that they're not sharing too much information about themselves.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to spend time on their devices, and to check their phones more often. It's important to turn off push notifications for apps that you don't need, and to focus on what you're doing when you're using your phone.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can be a good idea, but it's important to be aware of their privacy settings, and to make sure that they're not sharing too much information about themselves. You could consider making a particular device a shared one, so that you can see what they're doing, and to make sure that they're not sharing too much information about themselves.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, and a balanced diet and sufficient sleep for our mental wellbeing. Spending time on social media can mean that you're not taking time to do other things that are important to you, and that you're not taking time to do other things that are important to you.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private, so that only people who you approve can see your posts. This reduces the risk of cyberbullying or other negative comments, but it's important to be aware of their privacy settings, and to make sure that they're not sharing too much information about themselves. It's important to talk to your child about peer pressure, and to make sure that they're not feeling like they have to share too much information about themselves.

Meet Our Expert
Dr Claire Sulzberger is an online safety consultant, educator and researcher who has written and presented on a range of topics including online safety policies for schools. She has written various academic papers and co-edited two books for the Association for Child and Adolescent Mental Health on the wellbeing of young people in the UK, USA and Australia.

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BREAKFAST WITH THE EASTER BUNNY!!



SATURDAY 23TH MARCH 2024

Church Preen Village Hall

9AM UNTIL 11AM

ENJOY A BUFFET BREAKFAST WITH THE EASTER BUNNY

EGG HUNT * EASTER CRAFTS AND GAMES * PRIZES

EASTER BONNET COMPETITION

(MAKE YOURS AT HOME AND PRIZES WILL BE GIVEN ON THE DAY)

CHILDREN £8 (to include an Easter gift as well as breakfast)

ADULTS £5 (to include breakfast bap, tea, coffee or juice)

FOR TICKETS CONTACT

Jess 07972516969

A ticket will be required for entry

Church Preen Preschool Committee

Registered Charity 1033121



THANK YOU
for supporting Red Nose Day

For helping to raise £40

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

March

21st - LKS2 PE Event - Church Preen

21st - PTA Easter Disco 3:30pm - 5pm

22nd - Cressage Cup

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

April

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

17th - Cricket Engagement Day

23rd -25th - Y5/6 Oaker wood Residential

May

Monday 6th May - Bank Holiday

Monday 13th - Thursday 16th - SATS WEEK

Monday 27th - Friday 31st - HALF TERM

June

Tuesday 4th - School Photographs

Monday 10th - Shropshire Sings 18:30pm

Friday 14th - Cound Kwik Cricket

Friday 19th July - End of Term



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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/>



Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday favourites

Mid-week roast

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'

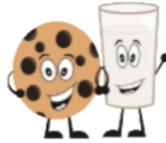


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognese	Chicken Nuggets
OPTION 2	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
CARBS	Mashed 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	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

WEEK 2

Fresh DINING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Everyday favourites

Mid-week roast

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'

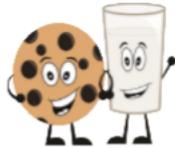


OPTION 1	Fish Finger Fish Cake or Fish Shape	Breaded Chicken Steak	Roast Beef Yorkshire Pudding & Gravy	Chicken Tikka Masala	Pizza Selection
	Mac 'n' Cheese v	Quorn Bolognaise v	Roasted Quorn Fillet & Gravy v	Jacket Potato with Cheese & Baked Beans v	Nacho Bites v
	Diced Potatoes or Crusty Bread	Potato Crunchies or Garlic & Herb Bread	Roast & Mashed Potatoes	Rice or Potato Wedges	Chips
	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

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
	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
	Pasta or Potato Crunchies	Diced Potatoes	Roast & New Potatoes	Potato Wedges or Garlic & Herb Bread	Chips
	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



TERM DATES 2023-24

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