

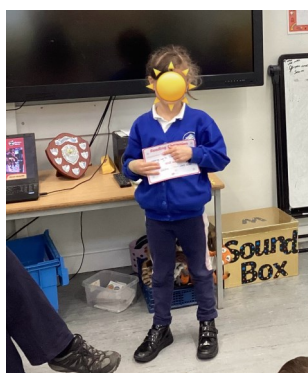
Dear Parents and Carers,

It has been a busy few weeks with all our KS2 children attending their residential visits.

Y3/4 enjoyed their time at the Pioneer Centre and last week, I went glamping with Y5/6 children from across the federation to Oaker Wood Leisure in Herefordshire. We had a great time and I was so pleased to see how the children pushed themselves out of their comfort zones with some of the adventurous activities. It was our first visit there and I am sure we will return again soon.

As a gentle reminder, please let us know if you would like to book your child into after school club. We understand that emergencies do occur from time to time and will happily accommodate this, but do let us know so that we can reassure your child.

Mrs Phillips



These Children have been practising hard to learn how to tie their shoe laces and after lots of practice both in school and at home they have achieved their goal !



Dear Parents,

As the days grow longer, Class Severn have been making the most of the good weather. We've utilised Outdoor Learning sessions to begin growing our own vegetables including carrots, runner beans, and tomatoes. Recording the growth of our runner beans, it's been a great way to develop our mathematical skills and scientific understanding of plants. Fingers crossed we'll start seeing some produce after half term!

Last week, our courageous Year 5 & 6 pupils attended their residential at the brilliant Oak-erwood. From zip lines to woodland krypton, the range of activities developed our teamwork, communication, and interpersonal skills. It was wonderful seeing the children step out of their comfort zones and create memories which will last a lifetime. Smores around the firepit was just magical in the woodland setting!

A huge thank you to parents for your support with our recent home learning – Olympic Measures. It's been lovely to receive your videos and photos of the children exploring measure in a real-life context. Linking to our topic Ancient Greece, look out for some exciting Olympic-inspired events coming soon!

In addition, thank you to parents that were able to attend our reading workshop. It's always wonderful to share what we do in the classroom, and how we can support your child to succeed in learning. Year 3&4 parents are invited to a workshop on 20<sup>th</sup> May looking at multiplication. We will cover the strategies used to learn multiplication, share ideas for developing multiplication skills at home, and provide information for the upcoming Year 4 Multiplication Tables Check.

Upcoming dates:

13<sup>th</sup> – 16<sup>th</sup> May: Year 6 SATs

20<sup>th</sup> May: Year 3&4 Multiplication Parent Workshop 3.30pm

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 wonderful support.

Best wishes,





## Cound Class

In science, Y1/2 enjoyed a game of 'pin the labels on the flowering plant,' whilst Reception made their own flowering plant picture. This was to consolidate the children's understanding of the structure of a plant. We looked carefully at the main structures of a plant. We then attempted our own drawing of a flowering plant.



Next Wednesday 8th May the children will be attending a cross country event at Brockton School, therefore we would like the children to come to school dressed in PE Kit.



To support our design & technology unit 'Fantastic Fruit,' there will be fruit salad making & evaluating session on the afternoon of Thursday 23rd May, at 1.45pm - 3pm. One adult per child is welcome to attend Further details to follow.

## Do you have any old batteries?

Our Eco-Committee are collecting them for the Big Battery Hunt!



Bring them into school to help us enter the BBH nation-wide competition. Remember to use a safe container!



### Music Lessons Available

Music lessons are now available in flute, clarinet, recorder, saxophone, ukulele and piano on Tuesday afternoons. First come first serve. If you are interested contact Jess Hignell at [jez88@hotmail.co.uk](mailto:jez88@hotmail.co.uk). Thank you.



- 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 15<sup>th</sup> April 2024 from 9.30am to 11.30am  
at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17<sup>th</sup> April 2024 from 9.30am to 11.30am  
Virtually via MS Teams

Starts Monday 10<sup>th</sup> June 2024 from 12.30pm to 2.30pm  
at Bridgnorth Youth Centre

Starts Wednesday 12<sup>th</sup> 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](mailto:Parenting.team@shropshire.gov.uk)  
Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.



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

If you would like to find out about further help and support the Parenting Team offer please email  
[Parenting.team@shropshire.gov.uk](mailto: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**



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

- 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 10<sup>th</sup> April 2024  
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

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

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

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

Understanding Your Child starts on Friday 12<sup>th</sup> 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](mailto:Parenting.team@shropshire.gov.uk) or call us on telephone: 01743 250950

All our groups are free to Shropshire Council residents.



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

## 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@childrensociety.org.uk](mailto:shropshirebeam@childrensociety.org.uk)







**Church Preen Primary School**  
is a small rural school  
nestled in the heart of the Shropshire  
countryside.

Join us at either our open  
morning or open  
afternoon, where you can  
meet our experienced  
teachers, tour our  
facilities and learn more  
about our approach to  
education.

‘Dedicated teachers  
provide a well-rounded  
education in a  
close-knit school  
community where pupils  
flourish’

**OPEN  
MORNING**

Wednesday 3rd July  
9.30–10.30am

**OPEN  
AFTERNOON**

Friday 12th July  
2–3pm

Church Preen Primary School, Church Preen, SY6 7LH  
01694 771359 [admin@churchpreenschool.co.uk](mailto:admin@churchpreenschool.co.uk)  
[www.churchpreenschool.org.uk](http://www.churchpreenschool.org.uk)



**The Edge**  
Schools' Federation





# Cound Fete

Sat. 18<sup>th</sup> May

2pm

Miniature Train Display

“Stiperstones Brass”

Working Steam Engine

*Teddy Bear Parachute Jump from the Church  
Tower*

*Plus many stalls and games*

*Fun for all the family!*

Does your Teddy Bear have what it takes?  
Start practicing now!

for

**The Teddy Bear Parachute Jump  
off the Church Tower  
at Cound Fete on Sat. 18<sup>th</sup> May**

Book in from 2pm



**£1 per jump**



Bring your Bear (or soft toy) together with its parachute for a fun filled, thrilling flight!

There will be a Teddy station to acquire a soft toy and parachute if you haven't brought one, (extra £1).

*Owners should be in attendance to await their Teddy's landing and offer congratulations or commiserations as necessary. This is an enormous ordeal in the life of a Teddy Bear!*

**Prize for the Teddy landing nearest to the centre of the target, Teddy runner up and the Teddy who travels the farthest.**

**Come & have some fun!**



## Multiplication in Year 3&4

**Parent  
Workshop**

**20th May 3.30pm**



Join us at Church Preen Primary School, to learn about the strategies your child is taught for multiplication, how you can support your child at home, and information regarding the Year 4 Multiplication Tables Check.



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 [nationalonlinesafety.com](http://nationalonlinesafety.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 – ideally 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 ones 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 strategies 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 so on – as well as those who have experienced adverse childhood experiences – may struggle 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 become 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 problematic feelings.
- 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 becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit next to on a school bus, or something they see on the TV. Once we 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. It can also be useful to refer back to snippets of these books as emotional 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, so be patient. 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're obviously upset to avoid sharing anything too personal with children, they still see you as experiencing and handling our own feelings. Then they know how to handle theirs.
- 10. FORMULATE A PLAN**  
As much as we try to prevent children from experiencing dysregulation, it's always going to happen. It's important to have a plan for when it does happen. Don't want to let 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. Catherine Johnson is an online safety specialist, educator and researcher who has spent years researching and writing about online safety for schools. She has written various academic papers and contributed to numerous reports for the Department for Education and is a leading voice on online safety for young people in the UK, USA and Australia.

**The National College**  
NOS National Online Safety  
WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2022

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have 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 [nationalonlinesafety.com](http://nationalonlinesafety.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.

## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to claim them. Other common scams involve warning someone that their WhatsApp subscription has run out and urging 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, 7 days or 90 days. If a message is set to disappear after 24 hours, it will be automatically deleted after the time has passed. However, if a message is set to disappear after 7 days or 90 days, it can be saved or forwarded – so it's important to be aware of this feature. If a message is set to disappear after 24 hours, it will be automatically deleted after the time has passed. However, if a message is set to disappear after 7 days or 90 days, it can be saved or forwarded – so it's important to be aware of this feature.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of disinformation. In India in 2018, some outbreaks of fake news spread through WhatsApp, leading to violence. In the UK, WhatsApp has been used to spread disinformation about the COVID-19 pandemic.

### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's still worth offering a young person the option to set their profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using settings in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number, they should report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify if it's them, or if it's someone trying to trick and scam them, they should report it to the police.

### LOCATION SHARING

The live location feature lets users share their current whereabouts. WhatsApp describes it as a "simple and secure way to let people know where you are". It's a useful method for a young person to let loved ones know where they are – but if they use it in a chat with people they don't know, they should be expecting their location to be seen.

## Advice for Parents & Carers

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or if they have been added to a group chat without their consent, they should leave the group. They can do this by going to the group chat, tapping the group name at the top, and then tapping 'Leave Group'.

### THINK ABOUT LOCATION

If your child needs to use the live location feature to show you or one of their friends where they are, they should be aware of the risks. They should only share their location with people they trust and should be aware of the risks of sharing their location with people they don't know.

### DELETE ACCIDENTAL MESSAGES

If your child sends a message they don't want to send, they should delete it. They can do this by going to the chat, tapping the message, and then tapping 'Delete'.

### CHECK THE FACTS

You can now fact-check messages that have been forwarded to you. You can do this by tapping the message, and then tapping 'Check Facts'.

**Meet Our Expert**  
Parvinder Kaur is a social media expert and digital marketer. She has extensive experience in the social media world and is the founder of Kaur & Co. She is a leading voice on social media for young people in the UK, USA and Australia.

**The National College**  
NOS National Online Safety  
WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have 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](http://nationalonlinesafety.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's for a new 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 accessing your phone and personal information. You should never share your passcode with anyone, even if they're a friend or family member. If you do, you're putting your phone and all the information on it at risk. If you're worried about someone trying to steal your phone, you should report it to the police.

## ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. If it's not suitable for your age, don't download it. If you're a young person, you should only use apps that are suitable for your age. If you're a parent or carer, you should only allow your child to use apps that are suitable for their age.

## 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 phone to help you stay safe and secure. You should respect these controls and boundaries and not try to bypass them. If you're worried about someone trying to steal your phone, you should report it to the police.

## 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 worried, stressed or unsure about using 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.

## STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get distracted in other ways when you're looking at your phone. You should always be aware of your surroundings and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 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. It's important to set boundaries for yourself and not use your phone for too long at a time. You should also take breaks from your phone and do other things that you enjoy.

## IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text you and try to get you to share personal details or to click on a link which can make it difficult to take time away from the screen. It's important to ignore these calls and texts and not share any personal details with anyone you don't know.

## SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable location services for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you're using the app. It's important to switch off geolocation for apps that you don't need to use location services for.

## THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while you're on the bus, waiting in a queue or walking down the street. It's important to think about other people when you're using your phone and not to be so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

**Meet Our Expert**  
Dr. Catherine Johnson is an online safety specialist, educator and researcher who has spent years researching and writing about online safety for schools. She has written various academic papers and contributed to numerous reports for the Department for Education and is a leading voice on online safety for young people in the UK, USA and Australia.

**The National College**  
NOS National Online Safety  
WakeUpWednesday

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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have 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 [nationalonlinesafety.com](http://nationalonlinesafety.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 get 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 doubted by the scale of the tech giants and their content which is entraining 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

Algorithmic content recommendation is a key feature of social media platforms. It's designed to show you content that you're likely to be interested in. However, it can also show you content that is harmful or upsetting. You should be aware of the risks of the algorithm and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 2. AVOID THE MAIN FEEDS

Instead of the default feeds on social media platforms, you should use features that allow you to see content from people you trust. You should also avoid the main feeds and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online can help you to understand what they're seeing and what they're posting. You should also discuss what they've seen and what they're posting and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across inappropriate content on social media, they should know how to hide it. They can do this by going to the content, tapping the three dots, and then tapping 'Hide'.

## 5. SET DAILY LIMITS

Phones and most apps can help you to set daily limits on how much time you spend on them. You should set daily limits on how much time you spend on your phone and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 6. MONITOR THEIR ACTIVITY

Monitoring your child's social media activity can help you to understand what they're seeing and what they're posting. You should also monitor your child's social media activity and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound plays. Push notifications encourage people to spend time on their devices, and this can be a problem for young people. You should turn off push notifications for apps that you don't need to use and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 8. USE DEVICES TOGETHER

Using devices together can help you to understand what your child is seeing and what they're posting. You should also use devices together and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 9. ENCOURAGE OTHER ACTIVITIES

Encouraging your child to do other activities can help them to stay healthy and happy. You should encourage your child to do other activities and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

## 10. TALK ABOUT PEER PRESSURE

Talking about peer pressure can help your child to understand what they're seeing and what they're posting. You should also talk about peer pressure and not get so absorbed in your phone that you don't notice what's going on around you. If you're worried about someone trying to steal your phone, you should report it to the police.

**Meet Our Expert**  
Dr. Catherine Johnson is an online safety specialist, educator and researcher who has spent years researching and writing about online safety for schools. She has written various academic papers and contributed to numerous reports for the Department for Education and is a leading voice on online safety for young people in the UK, USA and Australia.

**The National College**  
NOS National Online Safety  
WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.03.2022



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

**May**

**Monday 6th May - Bank Holiday**

8th—KS1 X Country

Monday 13th - Thursday 16th - SATS WEEK

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

**June**

Tuesday 4th - School Photographs

Wednesday 5th—Y5 & Y6—Macbeth Concord College

Friday 7th—Y5 & Y6—Crucial Crew

Monday 10th - KS2 Shropshire Sings 18:30pm

Tuesday 11th — 16th July SWIMMING & PE SEVERN CLASS

Friday 14th - Cound Kwik Cricket

26th—Cound Class—Church Preen Manor visit

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?

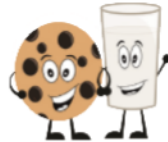
Could you be entitled to Free School meals,

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/>



Fresh DINING



### MONDAY

Everyday favourites

### TUESDAY

### WEDNESDAY

Mid-week roast

### THURSDAY

### FRIDAY

Take-away day

SAMMY SWEETCORN SAYS...

'Enjoy your lunch'

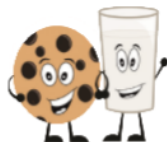


OPTION 1	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognaise	Chicken Nuggets
OPTION 2	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
CARBS	Mashed Potatoes or Crusty Bread	Pasta or Diced 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

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)





## 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