

Dear Parents and Carers,

A huge well done to our Severn Class scientists who recently attended a science competition at Prestfelde School in Shrewsbury. They competed against other schools in a science quiz, learnt about chemicals and had to build a home that was hurricane-proof. I am so proud of their second place achievement and we look forward to other opportunities at Prestfelde in the future.

A couple of gentle reminders, please ensure that your child is at school on time. School starts at 8:50am and finishes at 3:20pm. If you would like your child to go to after school club, please remember to book them. On the day bookings are fine, we just need to know.

Mrs Phillips



Many children are coming to school without a summer coat. We always try to get the children outside as much as possible come rain or shine and as the weather can be a little unpredictable at times, can you please ensure your child brings one to school even if they think they don't need it!

On the flip side we are starting to enjoy some sunshine so please help us to keep your children safe in the sun. Please ensure suncream is applied before school and that they have a sun hat in school at all times.

Thank you.



Reading champion
Well Done !



Shoe lace tying achievement



Cound Class attended the Cross Country held at Brockton School on Wednesday 8th May . The sun shone , bluebells on the bank and some super performances from the children.

Well Done !



“If you are a literate child who reads for pleasure, then this has more of an impact on your future life chances than any other factor.”

Centre for Literacy in Primary Education (CLPE),
January 2021.

Dear Parents and carers,

Next week (20th-26th May) is our national Reading for Pleasure week. I have compiled some resources that may help you to encourage a love of reading with your children at home. Here are a few ideas to get you started.

I have been asked by several parents for some book recommendations. The BookTrust has a wealth of ideas to suit all ages and interests.

[Themed booklists for children | BookTrust](#)
[Book Recommendations | BookTrust](#)

Also their Great Books Guide, which mentions 100 new books that children will love and is sorted into different reading age categories

[Great Books Guide: 100 best new books for children | BookTrust](#)

Scholastic Publishers have got several live events on to celebrate “Reading for Pleasure week”

[Scholastic Schools Live: Virtual reading events for Scholastic schools - Scholastic Shop](#)

In addition to this there are links on the Preen Scene to resources that will help and support you and your child with reading at home. Next week both classes will be sending out some fun and topical activities to encourage your child to read at home.

If you would like any further advice or support, please do not hesitate to get in touch with myself or my colleagues and we will do our best to help you.

Happy reading!

Mrs. Ross

“The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you’ll go.”
-Dr. Seuss

[Parents Guide to reading with children](#)

[Help your child with reading](#)

[Top 10 tips for reading for pleasure at home](#)



Soccer Schools

with Shrewsbury Town FC



Train like a pro!

Led by a team of experienced coaches and backed by the only professional football club in Shropshire, Shrewsbury Town F.C.'s Soccer Schools are the perfect place for any young footballer to develop their skills, make new friends, and stay active over the holidays.



Find out more
Scan the QR Code
or visit:
bit.ly/3ZqUIKT

SHROPSHIRE HILLS DISCOVERY CENTRE PRESENTS

Matilda The Musical



WEDNESDAY 29TH MAY
FILM STARTS AT 5PM

Adult £6.00 | Child £4.00 | Family £18.00

Booking essential, book online



www.shropshirehillsdiscoverycentre.co.uk

Free themed crafts and refreshments available to purchase in the cafe from 4pm.



01588 676 060

School Road, Craven Arms SY7 9RS
Grow Cook Learn, a registered charity: 1158795



Stay safe in the sun



May Half Term Activity

Seeing is Believing

Monday 27th - Friday 31st May

1pm - 2.30pm

Create your own basic kaleidoscope to make patterns and learn their history. Play with optical illusions.

Compare the eyes of different animals over time and solve the mystery of each animal eye stage.

Recommended age 4 - 11 years.

£4.50 per accompanied child
Booking essential
Book online



www.shropshirehillsdiscoverycentre.co.uk

info@shropshirehillsdiscoverycentre.co.uk

01588 676060

School Road, Craven Arms SY7 9RS
Grow Cook Learn, a registered charity: 1158795



Cound Class

What a busy couple of weeks we have had



RE: Following on from our sacred spaces work on Christian churches, we have been learning about where Muslims go to worship. We had our very own expert, Rex, who was able to tell us about his visit to a Mosque recently!



History: Reception had an enjoyable afternoon this week learning about Knights and armour and had some enjoyable role-play "battles" on the school field after making their own helmets. KS1 found out about the History of Clun castle which had two Mottes and three Baileys. The children compared an artist's impression of the castle as it was in the 13th century, with an aerial photograph as it is today. It's well worth a visit if you haven't been especially if you take a picnic!



Maths: Y1 have been learning about fractions in half and quarters whilst Reception and year 2 have been learning about Time this week. Reception have been talking about routines and how to sequence them. Y2 have been reading the time on an analogue clock revisiting o'clock and half past and going on to learn quarter past and quarter to as well as telling the time to the nearest 5 minutes. Phew! Everyone agrees that this needs lots of practice. For more information on how you can help your child to learn to tell the time, please see the links below.

[Tell the time](#)



Science - we are continuing with our topic on plants and are amazed how tall our sunflowers and beans are. We will be sending them home next week so you can continue to look after them and watch them grow further. We have also looked for flowering plants in our school grounds; we found so many different species. This week we have been looking for different leaves, e.g. spiky, broad, lobed, serrated.



In DT we tasted dried, frozen, fresh and canned fruit. After tasting them, and watching Miss Wilde then create a layered tropical fruit salad, the class designed their own fruit salads which they will create & evaluate next week at our Stay, Make and Taste afternoon. If you have not yet returned your slip to indicate you are coming, please can this be in school by Monday 20th.



Outdoor learning sessions continue on Wednesdays after half term so play clothes should be worn to school. Please send in a spare pair of socks and some spare bottom half clothing (e.g. jogging bottoms or leggings)



PE Lessons will continue to be on a Monday and Friday after half term so please continue to send the children into school wearing their PE kit.



Computing: Next half term in Computing, Y1 and 2 will be using [paintz.app](#) If you get the opportunity, it would be really useful if you could explore it with your child at home. Any queries/problems, please let Miss Wilde know. Thank you.



Half Term: Monday 27th May– Friday 31st May

We are nearly at half term so we hope that you all have a super safe and restful break when it arrives.

Mrs Ross, Miss Wilde , Mrs Case & Helen.

St Peter's Church

Cound Fete

Sat. 18th 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. 18th May**

Book in from 2pm



£1 per jump



Bring your Bear (or soft toy) together with it's 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 you child at home, and information regarding the Year 4 Multiplication Tables Check.





- 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,

What a wonderful few weeks we've had in Class Severn! In English, we've been writing limericks, and developing our knowledge of different authors, culminating in an author study. Year 3&4 have been grappling Time in mathematics, whilst Year 5&6 have deepened their knowledge of angles and shape. We've been exploring forces in Science; from testing the strength of magnets to designing parachutes with the greatest air resistance. In History we looked at the difference in primary and secondary sources, thinking about how vases in Ancient Greece are interpretations people gave from that time.

Our brilliant Y6s have also completed their SATs! Approaching the whole week with calm positivity, we are so proud of our Y6s. A huge well done to all - tackling this milestone with such poise. Banoffee pie and many treats followed!

Upcoming dates:

Monday 20th May: Year 3&4 Multiplication Parent Workshop 3.30pm

Monday 3rd June: Class Severn Visit to RAF Cosford: STEM Day

Wednesday 5th June: Year 5&6 visit to Concord MacBeth Performance

Friday 7th June: Year 5&6 visit to Crucial Crew

We are also very excited to return to Williams Brooks School for swimming lessons next half term. This will commence from Tuesday 11th June. Please ensure your child has their swimming kit, towel, and regular PE kit on Tuesdays next half term.

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,

Mrs Williams





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
www.churchpreenschool.org.uk



The Edge
Schools' Federation



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 – 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 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 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 be difficult to stay calm. Remember that dysregulation is a frustration or anger-based response, not an intention. Instead, children need to be met with comfort and understanding to help them manage these problems and feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**
While some children can tell you why they became 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, on their favourite toy, or something else entirely. Once you identify some triggers, you may 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. You can also 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 toys. 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're obviously overwhelmed, show them how you're coping. If you're experiencing anger, show them 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 best 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 Sweeney is an online safety consultant, educational and researcher who has been involved in numerous award-winning books and other safety policies for schools. She has written various educational papers and content for the National Online Safety website and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

#WakeUpWednesday The National College

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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.

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 involve 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. They can't be deleted by the sender and can also be instructed to disappear after 7 days. Messages can't be saved or forwarded – so if your child is in a group chat and receives a message, it would be difficult to prove if someone else had seen it. However, a receiver can take a screenshot and save that as evidence.
- ENABLING FACE NEWS**
WhatsApp has unfortunately been linked to accelerating the spread of disinformation. In India in 2018, some outbreaks of measles were linked to WhatsApp messages that spread false allegations being shared on the app. WhatsApp has since taken steps to prevent its users circulating hazardous rumours and speculation in the wake of 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 picture to restrict who can see their photos and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two options means 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 app. 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 for the first time, they should be encouraged to report it as spam. If the sender claims to be a friend or family member, call that person on their usual number to verify it is them, or if a friend asks you to check your child when they've been asked to, you should check for yourself.
- 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. They can do this by going to the group chat and tapping on the group name at the top. They can then 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, you should be aware that you can see their location on the map for as long as they need to share their location. You can also set a timer for how long you want to share your location, and your location will disappear when the timer runs out. It is permanent.
- DELETE ACCIDENTAL MESSAGES**
If your child sends a message they want to delete, WhatsApp allows the user to undo a message within a few seconds. 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 text messages that you have been forwarded at least five times. To do this, tap and hold on the message, choose 'check facts' and then 'check facts'. This will open a page with information about the message and whether it is true or not.

Meet Our Expert
Parvina Khan is a social media expert and digital media specialist who has been involved in numerous award-winning books and other safety policies for schools. She has extensive experience in the social media arena and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

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's for your first 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 element of your phone's security. Never share your passcode with anyone, including your parents or carers. If you're ever asked to share your passcode, it's a sign that you're being targeted by someone who wants to access your phone. If you're ever asked to share your passcode, it's a sign that you're being targeted by someone who wants to access your phone.
- ONLY USE AGE-APPROPRIATE APPS**
Before downloading a new app or game, check what age rating it has. This is a good indicator of whether a particular game or app is just for fun or if it might be inappropriate 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 distressed.
- REMOVE TEMPTATION**
A good night's sleep is so important for your health and wellbeing. Unwinding properly before going to bed – which means not starting at a screen late at night – can improve sleep quality. Put your phone on a charge overnight, but don't leave it on your bedside table. If you're ever tempted to check your notifications, reply to messages or get caught up scrolling on social media, try to do this during the day.
- 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 waiting for your friend. However, it's important to be mindful of other people, though: they might not want you to be on their phone, or they might not want you to be on their phone. If you're ever tempted to check your notifications, reply to messages or get caught up scrolling on social media, try to do this during the day.
- STAY ALERT**
Two words: look up. It might sound obvious, but it's so easy to get distracted by your phone. If you're ever tempted to check your notifications, reply to messages or get caught up scrolling on social media, try to do this during the day.
- 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 around your phone use, such as not checking your phone for a while while you're at school or work, or not checking your phone for a while while you're at school or work.
- IGNORE UNKNOWN NUMBERS**
There are some scammers who might call or text asking you to share personal data or to click on a link which can make it difficult to take time away from the screen. It's important to set boundaries around your phone use, such as not checking your phone for a while while you're at school or work, or not checking your phone for a while while you're at school or work.
- SWITCH OFF GEOLOCATION**
In your phone's settings, you'll be able to disable location for individual apps and photos; this means that apps and photos (including strangers) can't see information about your location. However, if you're ever tempted to check your notifications, reply to messages or get caught up scrolling on social media, try to do this during the day.

Meet Our Expert
Dr Claire Sweeney is an online safety consultant, educational and researcher who has been involved in numerous award-winning books and other safety policies for schools. She has written various educational papers and content for the National Online Safety website and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

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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 is enthralling 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 by user interest: someone who regularly interacts with a particular topic will see the latest results at the top of their feed. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 2. AVOID THE MAIN FEEDS**
Limiting the default feeds on social media platforms limits the amount of recommended content that they see. Users can opt to only follow specific accounts, or to follow a list of accounts that they're interested in. This can help to avoid the main feeds, which are full of content that can cause harm. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online can help to support them if they're interacting with, or don't assume that platforms are censoring out inappropriate material, or even that you're aware of what your child is seeing. Discuss what they've seen with them, and let them know what to do if they're feeling upset or distressed. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across content that's upsetting or distressing, there's the option to hide that post or video, or to block the user who posted it. You can also report the content to the platform. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 5. SET DAILY LIMITS**
Phones and most apps can track how long you spend on them. Spending too long on one app can be a sign that you're spending too much time on it. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 6. MONITOR THEIR ACTIVITY**
Monitoring your child's activity on social media can help to support them if they're interacting with, or don't assume that platforms are censoring out inappropriate material, or even that you're aware of what your child is seeing. Discuss what they've seen with them, and let them know what to do if they're feeling upset or distressed. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message app on the alert sound pings. Push notifications encourage people to spend time and spend time on their device, so turning them off will help to focus your mind on what you're doing. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 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 content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and useful sleep for our mental wellbeing. Spending too much time on social media can be a sign that you're spending too much time on it. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private so only people they're approved to see can see their posts or send them direct messages. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.

Meet Our Expert
Dr Claire Sweeney is an online safety consultant, educational and researcher who has been involved in numerous award-winning books and other safety policies for schools. She has written various educational papers and content for the National Online Safety website and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

NOS National Online Safety #WakeUpWednesday

www.nationalonline-safety.com @nationalonline-safety

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 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

 University Centre
Shrewsbury is delighted to announce:

The Young Nature Photographer and The Young Nature Artist of the Year, 2024.

Prizes will be awarded by **Stephen Moss: Award winning Naturalist, Author and TV Producer** at the University Centre Shrewsbury on 27th June 2024.

Submit up to 4 of your best nature photographs and/or up to 4 digital copies (photographs or digitally created) works of art (yes, you are allowed to enter both competitions) to :

naturephoto@chester.ac.uk by **midnight 30th April 2024.**

Age categories for both competitions:

8 under, 9-11, 12- 15, 16-18 and 19-22.

Winners will be notified by the end of May and will be invited to attend the prize ceremony at the University Centre Shrewsbury.

PLEASE READ:

Please state your (child's) full name, age (as of the 1st May 2024), and "Photo" or "Art" in the subject line and in the first line of the message.

If you (your child) are entering the Photography and Art competition, please send two separate emails, but otherwise multiple entries can be submitted in one email.

Unfortunately, we will not be able to send prizes, so please make sure you are available to come to Shrewsbury on the 27th June.

Any queries, please email naturephoto@chester.ac.uk. We can't wait to receive your entries!



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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'

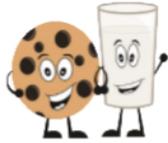


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognese	Chicken Nuggets
OPTION 2	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
CARBS	Mashed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

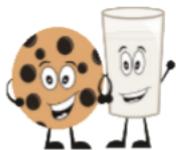


OPTION 1	Fish Finger Fish Cake or Fish Shape	Breaded Chicken Steak	Roast Beef Yorkshire Pudding & Gravy	Chicken Tikka Masala	Pizza Selection
	Mac 'n' Cheese v	Quorn Bolognese v	Roasted Quorn Fillet & Gravy v	Jacket Potato with Cheese & Baked Beans v	Nacho Bites v
	CARBS Diced Potatoes or Crusty Bread	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

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
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



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