

Dear Parents and Carers,

Our children have engaged in some wonderful activities and events over the last couple of weeks.

We have had pupils visiting Concord College for a maths challenge (our teams came second and third!) and student production of MacBeth, RAF Cosford for a STEM activities day and the Maltings Flaxmill for 'Crucial Crew'. Fantastic learning opportunities and experiences for all concerned.

Thank you to all who joined us for Shropshire Sings at the West Mid Showground last week. It was a fabulous experience for the children, performing as a unified choir with several other schools, both from the Federation and around the county.

With a bit of luck, the weather will start to remember that it is summer soon. We have several sports events lined up so please ensure that you return your signed consent forms. We also have our very own Sports Day planned for Wednesday 17th July at 9:30am, which you are very welcome to join us for.

Sue Phillips  
Head of School



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.



Monday 17th June  
Promotion



This week children from Y2–Y6 took part in the NSPCC Buddy workshops. The attached PDF is from the NSPCC and has links to resources for parents and carers on their website.

[NSPCC Parent / Carers information](#)

Dear parents/guardians,

First News is the leading source of news and news-based learning for children. It is age-appropriate (aimed at 7 to 14 year olds but accessible for all ages), impartial and helps keep kids reading and developing their critical literacy skills.

We love using First News in the classroom and are thrilled to offer all Church Preen Primary School students a free First News digital subscription over the summer holidays. It's packed with fun and educational content that will keep minds active and entertained all summer long.

First News digital is available via an app and includes:

- Daily news stories which children can read, listen and react to. These include reports on the Euros, the Summer Olympics, and the upcoming general election.
- The latest issue of the newspaper and many past issues
- Weekly polls to vote on
- The latest episodes of Sky Kids FYI weekly news show
- Fun puzzles and games: great for improving vocabulary
- Tips & Talking points for parents and carers to help you talk about tricky topics with your children

Click here for our school's unique access link: <https://subscribe.firstnews.co.uk/summer-reading-2024/?fn=ASS5XWQ0>

From,

Church Preen Primary School



## Cound Class



Reception are working hard on computational thinking this half term whilst Y1.2 are painting digitally. It's not as easy as it looks!



We are continuing our science unit on Plants and have recently studied pollination. We played the pollination game using cheese puffs to understand how this happens! We hope to have a visit from a VIP beekeeper in the coming weeks. 🐝



We will be walking to Preen Manor on 26th June and will spend a morning comparing their plants and trees with ours. We also hope to visit the church and the impressive yew tree there.

We have been back at Forest School armed with fishing nets and making full use of the stream and the newly covered mud kitchen area. Some children spent time preparing Mrs Case a tray full of mud treats. Yummy!



In PE we are perfecting our sprinting in order that Y2 are ready to win all the races at the Primary Sports event later this month! Further details to follow.



On Friday 28<sup>th</sup> June, we are having a visit from Vivian Meredith and her guide dog. Vivian will be talking to the children about life as a person with no sight and how her special dog helps her.

The children are also being encouraged to think about any questions they might to ask. This is a free visit but we thought it might be a nice gesture to make a donation to the Guide Dogs for the Blind charity. <https://www.guidedogs.org.uk/>

If you would like to send in a small donation for the charity on the day, we will ensure this gets passed onto them. Thank you.



Finally, it is lovely to hear about the things the children do when they are not at school. Violet in Y1 visited Arundel Castle in May half term. This was a place we 'visited' in the Spring Term when studying the 'Our Country' unit. She said at the time 'I want to go there!' And she did!

Also this half term, Austin in Y1 went to Hay Festival and met Oliver Jeffers. We have recently used Oliver's book Lost and Found in literacy. We were thrilled to hear all about the event and loved the photos you shared with us. Did you tell him about the Lost and Found story you wrote Austin? I'm sure he would have enjoyed it. You can see the Oliver Jeffers' talk from Hay here. <https://www.hayfestival.com/p-21618-oliver-jeffers.aspx>

Kind regards

Miss Wilde, Mrs Ross, Mrs Case and Helen.



🎬 Lights, camera, action!

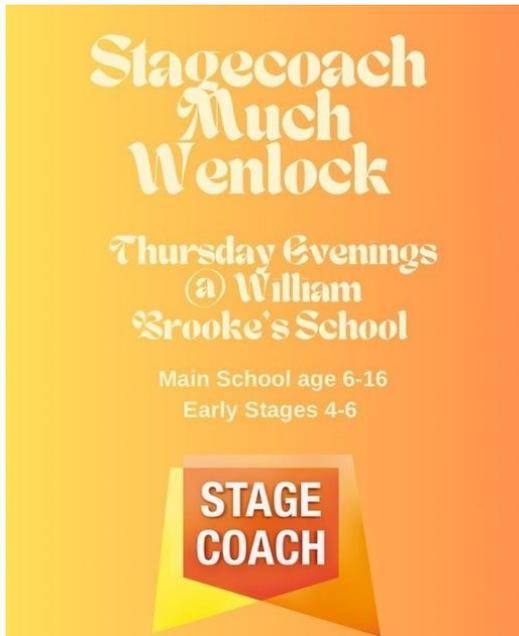
We've just opened our new school in Much Wenlock and would love to see your child at one of our workshops!

Our workshops are designed to ignite creativity, build confidence, and nurture talent in young performers.

If you think your child would enjoy putting on their dancing shoes, warming up their vocal cords, and bringing a character to life, we'd love to hear from you!

Find out more about our workshops by visiting our website:

<https://www.stagecoach.co.uk/shrewsbury>



Dear Parents,

We started this half term with a bang, visiting RAF Cosford for a brilliant day of STEM learning. Linking to our Science lessons on forces, teams created a robotic scoop to clear an asteroid field, designed parachutes to land a rover, and built rockets, launching them and tweaking designs to get closer to the target. It was brilliant learning about aircraft design and its effect on forces.

In history we've designed board games and top trump cards to learn about Ancient Greek gods and goddesses. It was great fun creating storyboards (3&4) and podcasts (5&6) about our favourite Ancient Greek myths.

It's been a busy few weeks in Class Severn with a variety of events enriching the children's learning. Year 5&6 pupils attended Crucial Crew, and a brilliant performance of MacBeth; set in the grounds of Acton Burnell castle. Thank you to our friends at Concord College for inviting us to this magical experience. Some pupils in Class Severn also attended the Concord Junior Maths Challenge; finishing 2<sup>nd</sup> and 3<sup>rd</sup> out of six teams. This excellent event stretched our pupils' thinking, challenged their mathematical skills, and fostered a love of maths.

Upcoming dates:

Monday 24<sup>th</sup> June: Year 5&6 Federation PE event

Wednesday 26<sup>th</sup> June: Year 5 Crimebusters Day Shrewsbury High School

Thursday 27<sup>th</sup> June: WBS Y2-6 Sports Days

Swimming and PE are now taking place every Tuesday at Williams Brooks School. Please ensure your child has their swimming kit, towel, and regular PE kit on Tuesdays for the rest of the 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](mailto:admin@churchpreenschool.co.uk)  
[www.churchpreenschool.org.uk](http://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](http://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, 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 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, explain that this is how you're feeling and how you're coping. This helps children to understand 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 Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education 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 apps which we believe trusted adults should be aware of. Please visit [nationalonline-safety.com](http://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 either party and videos can also be instructed to disappear after 72 hours. 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 they were sending it. However, a scammer could 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 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 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 they do receive 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 or family member, ask them if they've been scammed to check your child when they use WhatsApp.
- LOCATION SHARING**  
The five location feature lets users share their current whereabouts. It's important to ensure their movements on WhatsApp are described in a 'simple and accurate way' so that people know where you are. It's a useful method for a young person who's not yet old enough to be safe, but if they used it in a chat with people they don't know, they should be exposing their location to them, too.
- 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 should go to the group settings and tap on 'leave group'. Once they've done this, the admin can see that your child has left the group, but they won't see a second time. 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 you want to share their location on for as long as they need to. The options are 'for this session', 'for 15 minutes', 'for 1 hour', 'for 8 hours', 'for 24 hours', 'for 7 days', 'for 3 months', 'for 6 months' and 'for 9 months'. Your child should be aware of their location as well as their position as soon as it is longer needed.
- DELETE ACCIDENTAL MESSAGES**  
If your child posts a message they want to delete, WhatsApp allows the user to edit messages within 15 minutes. Tap and hold on the message, choose 'edit' 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 'share'. This will open a page where you can see if the message is true or not.

**Meet Our Expert**  
Parvati Kaur is a social media expert and digital media specialist who has been providing digital literacy for parents and children. She has extensive experience in the social media arena and is the author of *Go Digital*, a book that provides a resource that helps parents and children thrive in a digital world.

**NOS National Online Safety #WakeUpWednesday**

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# 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. If someone is accessing your apps and personal information, you should be able to log out, even to close friends. After all, you wouldn't hand them a key to your house and let them go to your back garden, would you? So be a nosy around if a friend wants to see your phone, ask them why and make sure you can see what they're doing with it.
- RESPECT PARENTAL CONTROLS**  
If you're allowed to have a smartphone, it's because your parents or carers feel that you're responsible and capable enough to use it safely. They might set controls and boundaries on your device, not to spoil your fun but to help you avoid being lured into scams or other costly in-app purchases. Following these rules means you can 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 wonderful tool to use. If you're ever feeling anxious, worried or confused about anything on your phone, then something isn't right. It's important to share these feelings; instead, talk to someone 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 by notifications or by listening to our phones that we can be unaware of our surroundings – or who might be around us. People often walk with their heads down, focusing on their phone, and forget to check for pedestrians in their path, cars or other pedestrians coming towards them, which is clearly dangerous.
- DEVELOP HEALTHY HABITS**  
Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. It's important to struggle with you could try setting time limits on certain apps, putting up phones down for a while gives us more time to connect with others in a different way, and something which 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 permission for individual apps and photos; this means that certain apps (including strangers) can't see information about your location when you take a photo or post a pic. On the subject of location, it's important to be aware of what you share on social media, and never give your personal details out over the phone.

**Meet Our Expert**  
Dr Claire Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

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# 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 being shared, 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 remain mindful of what you're seeing, as content that can cause harm, such as what will be recommended to them in the future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**  
Limiting the default feeds on social media platforms limits the amount of recommended content that they'll see. Users can opt to only follow specific accounts, or to follow, view restricted modes, or to limit the amount of content they see. Explore the platform's settings to see what options are available to you to control what your child's phone shows them when they open the app.
- 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'll be able to see what your child is seeing. Discuss what they've seen with them, and what comes up in their feeds: 'alarm bells' that they should be aware of. It's important to be open to their thoughts and to seek support.
- 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. On some platforms, you can also choose to block posts that contain specific words or phrases. Encourage your child to start taking control of what they see on social media.
- 5. SET DAILY LIMITS**  
Phones and most apps can track how long you spend on them. Spending too long online can mean a child's mental health is affected. It's important to set limits on how long you spend on social media. You can set a time limit, or a limit on how many times you can use the app. You can also set a limit on how many times you can use the app. You can also set a limit on how many times you can use the app.
- 6. MONITOR THEIR ACTIVITY**  
Monitoring a child's activity on social media can help you to see if they're interacting with anyone who's sending them harassing or abusive messages. As they grow older, you should encourage them to be more independent – but you should still monitor their activity. You can also monitor their activity on social media. You can also monitor their activity on social media.
- 7. TURN OFF PUSH NOTIFICATIONS**  
Even for adults, it's tempting to check an email or message or look on the alert sound pings. Push notifications encourage people to spend time on their devices, so turning them off will help to focus your mind on what you're doing. You can also turn off push notifications on your phone. You can also turn off push notifications on 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 consider making a particular area of your home a 'no phone' zone. You should consider making a particular area of your home a 'no phone' zone. You should consider making a particular area of your home a 'no phone' zone.
- 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 mean a child's mental health is affected. You can also encourage your child to do other activities that help to focus their mind on what they're doing. You can also encourage your child to do other activities that help to focus their mind on what they're doing.
- 10. TALK ABOUT PEER PRESSURE**  
Most platforms default children's accounts to private so only people they've accepted can see their posts or send them messages. But it's important to talk to your child about peer pressure. You can also talk to your child about peer pressure. You can also talk to your child about peer pressure.

**Meet Our Expert**  
Dr Claire Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education and is a frequent speaker at conferences and events for parents and teachers of children with SEND.

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

**June**

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

**24th - Y5/6 Federation PE event (at Wistanstow)**

**26<sup>th</sup> : Year 5 Crimebusters Day Shrewsbury High School**

26th—Cound Class—Church Preen Manor visit (AM)

**27th- Y2-Y6 WBS Primary Sports day**

**July**

**10th - Y6 Puberty workshop - school nurse**

**17th - Sports morning (parents welcome)**

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'

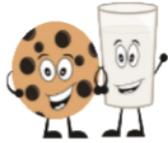


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Pork Sausages & Gravy	BBQ Chicken	Roast Chicken with Stuffing & Gravy	Spaghetti Bolognese	Chicken Nuggets
<b>OPTION 2</b>	Jacket Potato with Cheese & Baked Beans v	Vegetarian Sausage Roll v	Cheese & Potato Pie v	Vegetable Goujons v	Pizza Selection v
<b>CARBS</b>	Mashed Potatoes or Crusty Bread	Pasta or Diced Potatoes	Roast & New Potatoes	Garlic & Herb Bread or Potato Wedges	Potato Crunchies or Pasta
<b>PUDDING</b>	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'

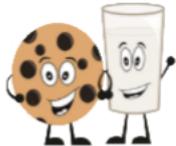


<p><b>OPTION 1</b></p> <p><b>OPTION 2</b></p> <p><b>CARBS</b></p> <p><b>PUDDING</b></p>	<p>Fish Finger Fish Cake or Fish Shape</p>	<p>Breaded Chicken Steak</p>	<p>Roast Beef Yorkshire Pudding &amp; Gravy</p>	<p>Chicken Tikka Masala</p>	<p>Pizza Selection</p>
	<p>Mac 'n' Cheese v</p>	<p>Quorn Bolognese v</p>	<p>Roasted Quorn Fillet &amp; Gravy v</p>	<p>Jacket Potato with Cheese &amp; Baked Beans v</p>	<p>Nacho Bites v</p>
	<p>Diced Potatoes or Crusty Bread</p>	<p>Potato Crunchies or Garlic &amp; Herb Bread</p>	<p>Roast &amp; Mashed Potatoes</p>	<p>Rice or Potato Wedges</p>	<p>Chips</p>
	<p>Chocolate Crunch</p>	<p>Waffle</p>	<p>Ice-cream Tub</p>	<p>Toffee Apple Slice Custard</p>	<p><b>Fruity Friday</b> A selection of chilled, frozen &amp; fresh fruit desserts</p>

**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'



<p><b>OPTION 1</b></p> <p><b>OPTION 2</b></p> <p><b>CARBS</b></p> <p><b>PUDDING</b></p>	<p>Sweet &amp; Sour Chicken</p>	<p>Beef Burger with tomato ketchup</p>	<p>Roast Pork Yorkshire Pudding &amp; Gravy</p>	<p>Mac 'n' Cheese Chicken Bake</p>	<p>Shepherd's Pie</p>
	<p>BBQ Veggie Hot Dog v</p>	<p>Vegetable &amp; Bean Burger v</p>	<p>Meat (free) Balls Yorkshire Pudding &amp; Gravy v</p>	<p>Jacket Potato with Cheese &amp; Baked Beans v</p>	<p>Pizza Selection v</p>
	<p>Pasta or Potato Crunchies</p>	<p>Diced Potatoes</p>	<p>Roast &amp; New Potatoes</p>	<p>Potato Wedges or Garlic &amp; Herb Bread</p>	<p>Chips</p>
	<p>Flapjacks</p>	<p>Iced Cake</p>	<p>Waffle</p>	<p>Apple Puff Slice Custard</p>	<p><b>Fruity Friday</b> A selection of chilled, frozen &amp; fresh fruit desserts</p>

**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 <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