

# LUDLOW PRIMARY SCHOOL



## NEWSLETTER



31.01.25

01584 873602

### Tesco Stronger Starts

From now through to the end of March, we will be competing for the community grant in Tesco Ludlow.

The grant will be used to help us purchase resources to create a relaxing calm space for some of our students when they need a break from the classroom environment.

Blue tokens can be claimed every time you shop, even if you pop in for a small item, such as a newspaper. Please encourage your friends and family to vote for us too. The project with the highest number of votes will receive £1500, second place - £1000 and third place - £500.

Thank you for all your support.

### End of day collections

Just a polite reminder that if you need to change your usual end of day collection routines, please could you phone and inform the school office on either site.

Teachers do not always look at dojo throughout the day and sometimes these messages can be missed.

Thank you

Ludlow Primary School 01584 873602

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## HEALTHY BODY, HEALTHY MIND

Our driver Healthy Body, Healthy Mind means that one of the things that we promote is having a balanced diet, rich in essential nutrients and therefore as a school a healthy lunchbox is important to us.

### **What should be in a healthy lunchbox?**

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy. A packed lunch made at home can be a healthy and delicious choice and gives a parent or carer control over the foods and ingredients included.

These should be based upon the principles of the *Eatwell Guide*, encouraging a lunchbox to contain:

- a starchy food, e.g. potatoes, bread, rice, pasta
- plenty of fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber
- a source of protein, e.g. beans, pulses, egg, fish, meat
- a healthy drink, e.g. water, semi-skimmed milk.

As a healthier lunchbox school, we suggest to parents/carers that foods high in fat, salt and sugars should not be included (such as crisps, confectionary and sugar-containing carbonated drinks).

There are lots of websites regarding lunchbox ideas and recipes. Here's a link to one of them: [Lunchbox ideas and recipes – Healthier Families - NHS](#)

## Celebration Time

Congratulations to the following children who were celebrated in Assembly on Friday 24<sup>th</sup> January 2025. Well done all!

Ethan Thomas      Bryn Martin      Jacob Hughes      Barclay Havard      Oscar Lewis

Layla-Mai Styles      Matilda Betts      Hollie Jones      Elodie Angell

Erin Baxter      Aida Client      Noah Booth      Lola Holcombe

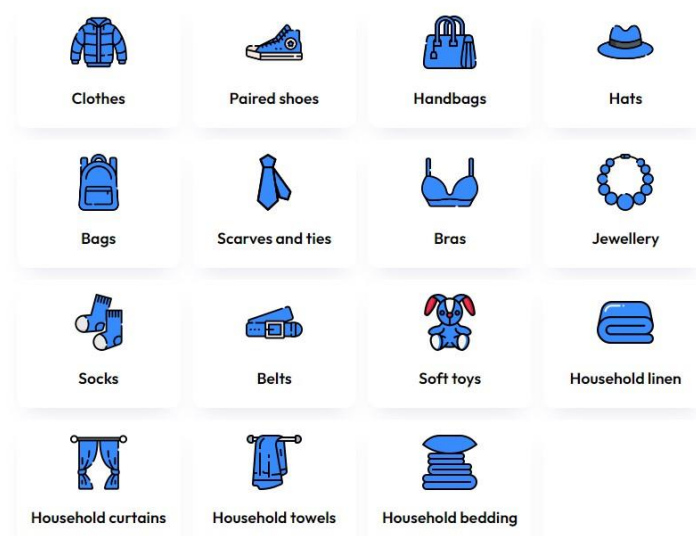
Larissa Mansell      Nelly Wilson



## Bag2School - Tuesday 11<sup>th</sup> March

If you have any of the following items your household no longer needs, please pop them in a bag and drop at either site on Monday 10<sup>th</sup> March. These will then be collected and weighed by Bag2School. The items are sent to different countries, so it is a great way to help others whilst raising funds for the school. The PTA will kindly use this money to help pay for trips, gifts etc for all the children in our school.

Items that can be donated:



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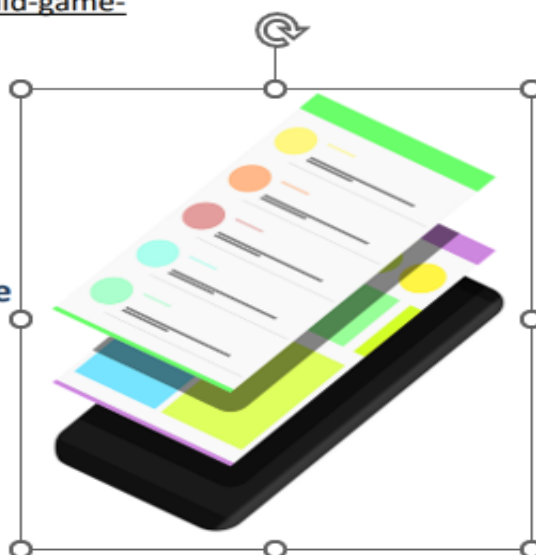
This month's newsletter contains lots of useful articles:

## Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been **rated 15** by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC: <https://www.bbfc.co.uk/release/squid-game-q29sbgvjdgvlbjpwwc01mzm3ndg>.

### What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.



Please access the full newsletter here: [online-safety-newsletter-february-2025\\_pdf\\_ludlow.pdf](#)

## EXTRA SESSION ADDED – TUESDAY 11 FEBRUARY AT 12PM

### Safer Internet Day

Online safety training for parents and guardians by West Mercia Police

Learn more about the dangers of kids being online and how you can help to keep them safe.

Join our free one hour online parent awareness session to give yourself a head start in an ever changing digital world.

Date: Tuesday 11 Feb 2025

Time: 10am

Location: Microsoft Teams via Eventbrite

Sign up to the Eventbrite session by clicking on the following link: <https://www.eventbrite.co.uk/e/online-safety-child-exploitation-session-for-parents-and-guardians-tickets-1123477364039?aff=oddtcreator>



## Protect our children!

## SEND Opportunities

Please see below some further opportunities for pupils with SEND.

Actio are excited to share their new video highlighting the All-In programme. Actio is a collaboration between Energize Shropshire, Telford & Wrekin and PACC (Shropshire's Parent Carer Forum). Actio aims to improve activity opportunities for children and young people with SEND in Shropshire. Parent Carers and All-In members are encouraged to learn how Actio can support their child's wellbeing and explore new activities. Watch the video to find out why and how you can become an All-In member. Or if you're already an All-In member, you may be surprised at how many other activities are available for your child to attend.

Please watch the new video on Actio's website here:

<https://actioconsortium.wixsite.com/website/>

## School Car Parks

A polite reminder about the use of school car parks.

Please do not use the car parks at Sandpits Road or Clee View to drop off or collect children, unless you have a prior arrangement with school.

The car parks can be very congested, and it is important to keep everyone safe.

Thank you

## School Uniform

A polite reminder that trousers, skirts and pinafores should be dark grey, not black. Please also note that leggings should not be worn as they are not part of our school uniform.

All children should wear black school shoes please, not trainers.

Full details of our uniform can be found on our website:

<https://ludlowprimaryschool.co.uk/parents/school-uniform>

## Childcare through the DFE

The DFE have launched a new site for parents to check if you are eligible for free childcare:

<https://www.gov.uk/check-eligible-free-childcare-if-youre-working>

There is also a childcare account that parents must log into every three months to ensure they get free childcare if they are working or for Tax-Free Childcare:

<https://www.gov.uk/sign-in-childcare-account>

## Parking

There have been reports of people parking on the zig zags outside school recently. Also, of cars being dangerously parked or blocking driveways on St. Julian's Road.

Please be considerate when dropping off and picking up your children, and only park where it is legal and safe to do so.

Thank you

## Contacting Teachers and Senior Leaders

If any parent has a concern to raise with a teacher or senior leader, we respectfully ask this is done via the school office or admin email – [admin@ludlowprimaryschool.co.uk](mailto:admin@ludlowprimaryschool.co.uk) and not Dojo or individual email addresses. This will enable your query to be dealt with more effectively and efficiently.

Thank you

## Term Dates 2024 – 2025

### 2025

Half Term: Monday 17<sup>th</sup> February 2025 – Friday 21<sup>st</sup> February 2025

Spring Term ends: Thursday 10<sup>th</sup> April 2025

PD Day: Friday 11<sup>th</sup> April 2025

Summer Term starts: Monday 28<sup>th</sup> April 2025

Bank Holiday: Monday 5<sup>th</sup> May 2025

Half Term: Monday 26<sup>th</sup> May 2025 – Friday 30<sup>th</sup> May 2025

Summer Term ends: Friday 18<sup>th</sup> July 2025

**As you will be aware, we are not able to authorise holidays in term time due to government legislation introduced in 2013. Please note that other schools in the area may be different as schools have the flexibility to plan their own PD days. This information will also be on our website.**

### Top tips on how to keep your child healthy at school

Wednesday, 29 August 2018 - Reporting to the Schools



On the 28th August, the DfE blogsite published a blog: Top tips on how to keep your child healthy at school.

[Top tips on how to keep your child healthy at school - The Education Hub \(blog.gov.uk\)](#)

- This outlines that parents should ensure that children are up-to-date with vaccinations such as measles.

It also covers basic hygiene:

- Wash their hands for at least 20 seconds using soap and water.
- Use tissues for coughs and sneezes then throw them in the bin.
- Avoid touching their face, particularly their eyes, nose and mouth

## Dates for your Diary 2024-2025

Thursday 6<sup>th</sup> February- Yr 6 RAF Cosford Workshop

Tuesday 11<sup>th</sup> March - Bag2School Collection

Thursday 13<sup>th</sup> March - 2 Oak to visit St John's Church, Ludlow

Friday 14<sup>th</sup> March - 2 Ash to visit St John's Church, Ludlow

Wednesday 9<sup>th</sup> & Thursday 10<sup>th</sup> April - Parents' Evening at both sites

Thursday 10<sup>th</sup> April - Year 4 Easter Church Performance

Thursday 22<sup>nd</sup> May- Yr 3 Shropshire Discovery Centre Workshop

Wednesday 11<sup>th</sup> June - Bag2School Collection

Tuesday 1<sup>st</sup> July- Yr 6 Induction Day Ludlow CE School

Wednesday 2nd July to Friday 4th July - Yr 6 Residential Trip to Manchester

Monday 7<sup>th</sup> July - Sea Legs Pantomime for EYFS and KS1 at Sandpits Road

Tuesday 8<sup>th</sup> or Wednesday 9<sup>th</sup> July- Yr 5 Taster Day Ludlow CE School

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