

LUDLOW PRIMARY SCHOOL



NEWSLETTER



07.03.25

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.

Breakfast Club- Clee View Site

We currently have spaces for Breakfast Club at our Clee View site. Breakfast Club starts at 8:10am and there are a variety of options on offer including cereals, toast, crumpets, pancakes and yoghurts.

The cost for breakfast club is £2.50 per session (free for pupil premium eligible children)

If anyone would like to sign up, please contact the Clee View office. Please note these will be allocated on a first come, first served basis.

Ludlow Primary School 01584 873602

If you require a hard copy of this Newsletter, please contact the school office at either site, thank you.

School SEND updates

Following training through the **PINS project** (Partnership for Inclusion of Neurodiversity in Schools), all staff have made changes to their learning environments to make them SEND-friendly. This has included **decluttering displays** around the classroom to ensure children aren't overwhelmed, as well as ensuring all classrooms have **visual timetables** to help children feel less anxious about the routine of the day.

Hollie Jones



I am a Neurodiversity Practitioner at Shropshire Council's Educational Psychology Service.

I am working with the Partnership for Inclusion of Neurodiversity in Schools (PINS) Project and I am hosting an information session for parents of neurodivergent children with or without a diagnosis.

This session will include information on:

- Emotional regulation at home.
- Meltdown and shutdown.
- The process of processing.
- Local services.
- Living with neurodivergence.
- Sleep.
- Workshops.

Local SEND updates

Please see the latest Shropshire SEND Newsletter for Jan 2025 here.

<https://content.govdelivery.com/accounts/UKSHROPSHIRE/bulletins/3cf0013>

The newsletter aims to provide easy access to key information for SEND families.

PACC updates

Please follow the Shropshire PACC Facebook for important updates:

<https://www.facebook.com/share/1A72Q1aJ1W/?mibextid=wwXlfr>

Update on PINS project from PACC

<http://www.paccshropshire.org.uk/partnership-for-the-inclusion-of-neurodiversity-in-schools-pins-update>

Have Your Say: Help Shape the Future of Emotional Wellbeing and Mental Health Services. Please complete the survey below (open until Friday 7th March).

<https://www.shropshiretelfordandwrekin.nhs.uk/get-involved/cyp-emotional-wellbeing-and-mental-health-survey/>

Did you know that as a Parent Carer you are entitled to an assessment of your needs in your own right?

<https://next.shropshire.gov.uk/the-send-local-offer/social-care/childrens-social-care/parent-carer-needs-assessment/>

Top tips on how to keep your child healthy at school



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

Friday March 21st, 2025

Red Nose Day



RAISE FOR RED NOSE DAY

It's red and nosey. And this year, with you, it'll be MASSIVE. Together, let's go big, give big and feel good to help people get the support they need across the world, including here in the UK.

Children are invited to dress up in their own clothes, wearing something red for the donation of £1

The school council will be holding a cake sale during the afternoon on both sites and we would very much appreciate donations of cakes. The children will also need to bring in some small change to purchase the cakes at the sale.

WHAT YOUR MONEY DOES

We support local community organisations and brilliant change-makers here in the UK and across the globe.

Your donations help us fill the shelves of baby banks, community food centres, fund vital community-led services like health workers, local youth safe-spaces, and ensure safe passage for people escaping danger.



Ludlow Primary School 01584 873602

If you require a hard copy of this Newsletter, please contact the school office at either site, thank you.





Screening children for type 1 diabetes



Would you like to get your child screened for type 1 diabetes in the ELSA diabetes research study?

We are screening children, aged 3-13 years, at a clinic near you:

Date: 3RD APRIL 2025
Time: LUDLOW PRIMARY
Location: SCHOOL

Register here: www.elsadiabetes.nhs.uk
 Contact us: 01743 730300 ask for Sharen or Tina.

Scan for info



The ELSA Study | BAS ID 306292 | ELSA Study Poster 3 | v10 | 26/07/23

Lunch Bookings

Increasing numbers of children are coming to school at both sites with no lunch booking. Please log in to Arbor and make a booking, even if your child is bringing a packed lunch from home. This helps us to give accurate numbers to the cooks each morning, thus avoiding unnecessary food waste. Bookings are open until 8.30am so if your child changes their mind before this time, you can make any changes.

If your child is entitled to a Free School Meal (KS1 or KS2), a booking must still be made by you. If no booking is made, the hot meal of the day is ordered for your child, meaning they have not been able to choose from the menu. This unfortunately leads to some children getting upset, as they don't always like the meal they have been given. The menu is on the school website, so please take a few minutes to have a look with your child and book the meal you think they would like to eat.

If you are having difficulties using Arbor, please call either site and we will be happy to help.

Thank you

Celebration Time

Congratulations to the following children who were celebrated in Assembly on Friday 28th February 2025. Well done all!

| | | | |
|-------------------|------------------------|---------------|----------------|
| Lillie-May Riley | James Vickery Halstead | Elsie Morris | Joey Jenkins |
| Dima Matviichuk | Jacob Sullivan | Aodhfin Smith | Primrose Swift |
| Hollie Arrowsmith | Jamie Edomwandagbon | Leo Loizou | Maisie Siveter |



Ludlow Primary School 01584 873602

If you require a hard copy of this Newsletter, please contact the school office at either site, thank you.

The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

Artificial Intelligence (AI)



What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

TikTok

You must be over 13 years of age to use

TikTok. TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.

Please access the full newsletter here:

[online-safety-newsletter-primary-march-2025_pdf_ludlow.pdf](#)

Online Safety Information Session



We hope those parents that joined the Online Safety Information session in January found it useful.

As promised, below is the link to the recording and presentation for anybody that wants to rewatch it or were unable to watch it live:

<https://drive.google.com/drive/folders/1BxcZWQ4XcUonNO8C1v-auZq65-AZx9gH?usp=sharing>

We have also embedded a copy of the video on our website for those who would prefer to watch it via a browser or share this link:

<https://www.knowsleyclcs.org.uk/online-safety-parent-session-jan-2025/>

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>

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.

When collecting children from any after school club at either site, please do not drive into the car park. We request you leave your car on the road and walk to meet your child. Lots of children are leaving school at the same time and any cars moving around the car park make this dangerous for them

Please help us to keep everyone safe.

Thank you

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

What's your next **move?**
 Become a **PE** Apprenticeship with us!

APPLY TODAY

PE Apprenticeship Vacancy

We are hiring a PE apprentice for September and are looking for inspiring role models to apply. If you are looking at beginning a career in education, please email **Beky Williams** beky@strideactive.org for more information and an application form to apply for Ludlow Primary School.

GET READY FOR A

PE APPRENTICESHIP

AT OUR SCHOOL!

ARE YOU... 16 + years old?
 Passionate about working with young people?
 Interested in sport and physical activity?

RIVERSIDE TRAINING
 STRIDE ACTIVE

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.

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 and not Dojo or individual email addresses.

This will enable your query to be dealt with more effectively and efficiently.

Thank you



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](#)

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.

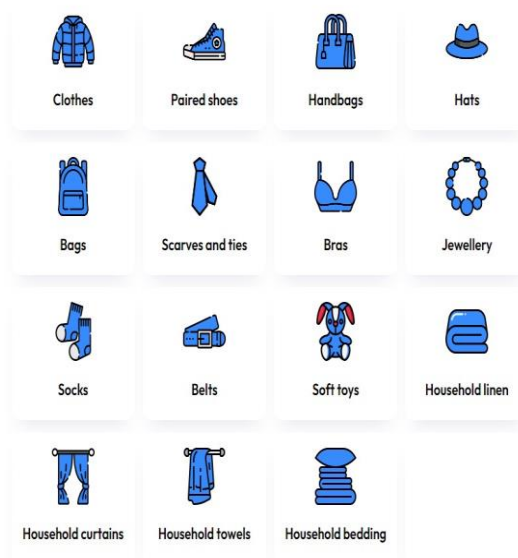
Please watch the new video on Actio's website here:

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

Bag2School - Tuesday 11th 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 10th 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:



Term Dates 2024 – 2025

2025

Spring Term ends: Thursday 10th April 2025

PD Day: Friday 11th April 2025

Summer Term starts: Monday 28th April 2025

Bank Holiday: Monday 5th May 2025

Half Term: Monday 26th May 2025 – Friday 30th May 2025

Summer Term ends: Friday 18th 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.

Ludlow Primary School 01584 873602

If you require a hard copy of this Newsletter, please contact the school office at either site, thank you.

Dates for your Diary 2024-2025

Tuesday 11th March - Bag2School Collection

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

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

Friday 21st March- Red Nose Day

Tuesday 25th March- Tag Rugby, Church Stretton

Wednesday 26th March - KS2 Swimming Gala

Monday 31st March - Reception classes Height and Weight Measurement

Wednesday 9th & Thursday 10th April - Parents' Evening at both sites

Wednesday 2nd April - Year 1 trip to Enginuity (letters home next week)

Wednesday 9th April - Reception classes to Queenswood Country Park

Wednesday 9th April - year 6 trip to Clee Hill Quarry and Clee Hill summit

Thursday 10th April - Year 4 Easter Church Performance

Thursday 22nd May- Yr 3 Shropshire Discovery Centre Workshop

Thursday 22nd May- Yr 5 Trip to Hay Festival

Wednesday 11th June - Bag2School Collection

Tuesday 1st July- Yr 6 Induction Day Ludlow CE School

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

Monday 7th July - Sea Legs Pantomime for EYFS and KS1 at Sandpits Road

Tuesday 8th or Wednesday 9th July- Yr 5 Taster Day Ludlow CE School