

# LUDLOW PRIMARY SCHOOL



## NEWSLETTER



23.01.26

01584 873602

### Textiles Recycling Collection - 27.01.26

There will be a collection at both sites so your donations can be dropped off at either location.

Please ensure any items you wish to donate for recycling, are in school by this date.

Items accepted:

Wearable Clothing  
Paired Shoes  
Handbags  
Belts  
Duvet Covers  
Pillowcases

Many thanks

## Celebration Time & Reader of the Week

Congratulations to the following children who were celebrated in Assembly  
on  
Friday 16<sup>th</sup> January.

Well done all!

Colby Prosser	Angel Thomas	Freya Angell	Rhys Hammonds
Lilly Stockham	Khloe Lloyd	Spencer Morris	Teddy Sullivan
Jamie Covington-Reed	Bailey Wright	James Thomas	Darcie Hicks
Annabelle Moseley	Leah Moffat	Emily Cornes	Lauren Cooper
Deon Lijo	Jack Powis	Owen Williams	Freya Howell
Amaya Preece	Niamh Thomas	Jackson Edwards	Reggie Stone
Koby Booth	Antarpreet Kaur	Lola Holcombe	Alayia-Mae Woolley





Dear Headteacher,

I am writing to inform you that I have recently published a new guide, [What I wish my parents or carers knew: A guide for parents on managing children's digital lives.](#)

Supporting children's safety is a shared responsibility between families, schools and wider society. For parents and carers, this responsibility has become increasingly complex as children's lives are now deeply intertwined with the digital world. Many parents face difficult decisions about how to balance protecting children from online harm with enabling access to spaces that are now central to learning, socialising and play.

The last time I published a guide like this, The things I wish my parents had known: Young people's advice on talking to your child about online sexual harassment, in December 2021, it was to help parents and carers navigate difficult conversations about sexual harassment online. This guide is different in scope, in recognition of the complex, rapidly evolving landscape in which children – and parents – are navigating. It focuses on the challenge of managing children's everyday online habits.

This guide was written with the direct involvement of children in England. It is a reflection of their views. My office visited schools to speak to teenagers, and spoke to my Youth Ambassadors and Youth Special Educational Needs and Disabilities (SEND) Panel to get their expertise on what works and what doesn't work between parents or carers and children in the 21st Century.

When I speak to children about what they would do differently when it comes to being online, with the benefit of hindsight, I ask them: would they give a smartphone to their own teenager? Almost unanimously, they tell me no. They want to be protected from it as long as possible.

As educators and leaders, you play a vital role in supporting parents and carers to navigate these challenges. Responses to my recent school survey show just how concerned school leaders are about their children's safety online, despite most already taking steps to limit or ban devices from the classroom. Children are clear that they value firm, informed and protective boundaries when adults have concerns about the content they are accessing online.

As parents, carers, and educators, our job must begin and end with our children's care and safety. It's what they expect and what they want from you. As one young person told me: "Don't be afraid to be firm... If you are worried [that] your child is seeing harmful content and you don't know what they're watching and it's affecting the behaviour, just take it that you know best – they don't."

I hope this guide will be a useful resource for your school community, and I encourage you to share it with staff and parents where appropriate.

**Dame Rachel de Souza**

**Children's Commissioner**

*Ludlow Primary School 01584 873602*

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



## About the Radnor Rascals Junior Storm

The Radnor Rascals Junior Storm takes place on Sunday 17th May, kicking off at 1200 at Ludlow Castle.

Starting in the depth of the moat, Junior Stormers follow the course through the Outer Bailey and proceed to run a full lap around the outside of the Castle, before a final sprint into the Castle grounds and through the finish arch.

About 800m, it's a great chance for kids, aged 13 and under to enjoy the atmosphere of race day.

Each participant will receive a medal as part of their £7 entry.

It's fast, it's fun, it's the Radnor Rascals Junior Storm!

Entries for the Junior Storm the Castle (1k run around Ludlow Castle) are now open -

<https://www.andalievents.com/events/storm-the-castle/junior-storm>

### Careers Day

We at Ludlow Primary School, are organising a careers day for the children on Friday 22nd May and would like to invite you to be involved.

The day will involve a short session talking to our children all about what you do and what an exciting career it is. The teachers will then follow this with a short activity for the children based on your talk.

We hope this will be a great opportunity for us to develop closer relationships with the businesses in our community and inspire the children about the world of work and their futures.

If you would like to be involved, please contact me directly or  
[admin@ludlowprimaryschool.co.uk](mailto:admin@ludlowprimaryschool.co.uk)

Many thanks  
Mr Whitbread

## Year 2 Striking and Fielding Event

Year 2 children went to the leisure centre to take part in a striking and fielding event this week. The children participated in many activities and showed great growth mindset throughout.

All children were very well behaved and respectful to everyone else at the event.

Well done year 2!



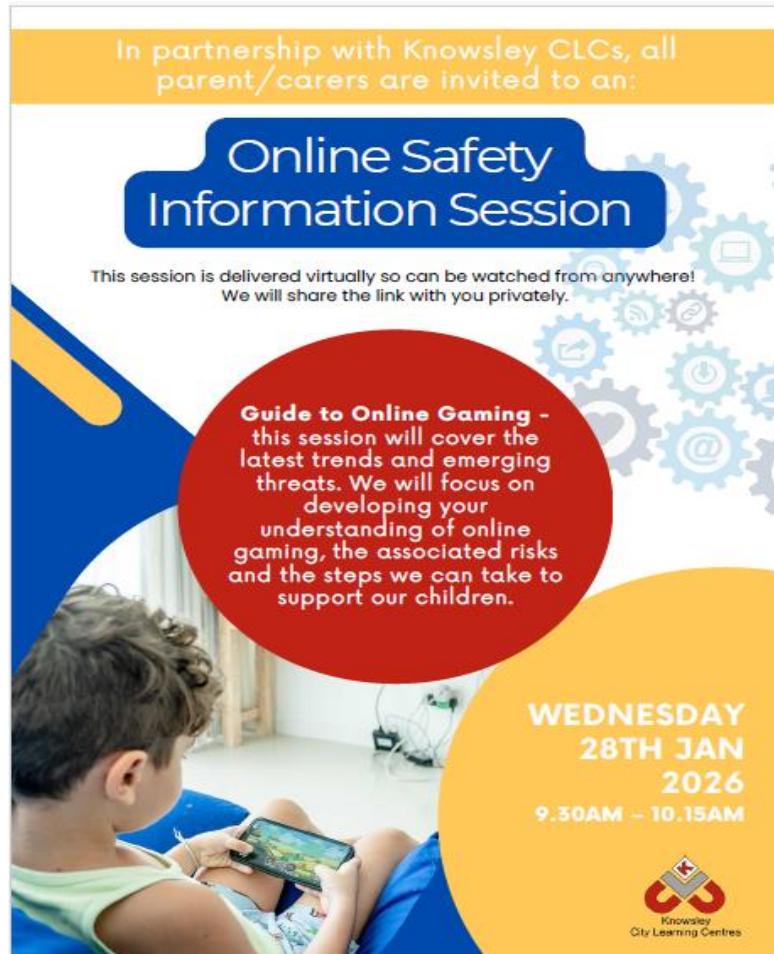
## Severn Trent Water Assembly

Both KS1 and KS2 had an assembly from Severn Trent Water this week.

We learned all about the journey of water and what we can do to look after our water system.

We learned about what happens when we flush the wrong things down the toilet or sink and how important it is to be responsible citizens of the world.





### Contact via Dojo

If you have concerns about any incident in school which involves your child, please do not message class TAs through Dojo or by any other means. Please direct all queries to the class teacher.

Please do not message outside of normal office hours, as staff do not receive notifications in the evenings or at weekends.

Thank you

### Parking

Please be considerate when parking near school, at all times. We have been made aware of people parking in dangerous places and on the zig zags, making car park entry and exit difficult. The road outside Clee View was blocked recently, when a member of staff needed to be taken to hospital. Emergency services must also be able to access both sites if required. The local policing team have been made aware and will be making patrols at both sites.

Thank you for your help in this matter.

*Ludlow Primary School 01584 873602*

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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](#)



**EYFS/KS1 Site:**

Sandpits Rd, Ludlow, Shropshire SY8 1HG

**KS2 Site:**

Clee View, Ludlow Shropshire SY8 1HX

**Telephone:** 01584 873602

**Email:** [admin@ludlowprimaryschool.co.uk](mailto:admin@ludlowprimaryschool.co.uk)

**Website:** [www.ludlowprimaryschool.co.uk](http://www.ludlowprimaryschool.co.uk)

**2025**

PD days: **Monday 1st & Tuesday 2nd September 2025**

Autumn term starts: **Wednesday 3<sup>rd</sup> September 2025**

Half term: **Monday 27<sup>th</sup> October 2025 - Friday 31<sup>st</sup> October 2025**

Autumn term ends: **Friday 19<sup>th</sup> December 2025**

**2026**

PD day: **Monday 5<sup>th</sup> January 2026**

Spring term starts: **Tuesday 6<sup>th</sup> January 2026**

Half term: **Monday 16<sup>th</sup> February 2026 - Friday 20<sup>th</sup> February 2026**

Spring term ends: **Friday 27<sup>th</sup> March 2026**

Summer term starts: **Monday 13<sup>th</sup> April 2026**

Bank holiday: **Monday 4<sup>th</sup> May 2026**

Half term: **Monday 25<sup>th</sup> May 2026 – Friday 29<sup>th</sup> May 2026**

Summer term ends: **Thursday 16<sup>th</sup> July 2026**

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*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 have different dates as schools have the flexibility to plan their own PD days. This information will also be on our website.*

## Dates for your Diary 2025 - 2026

Monday 12<sup>th</sup> January - Year 3 swimming every week until Monday 9<sup>th</sup> February

Tuesday 27<sup>th</sup> January - Textiles Recycling Collection

Tuesday 27<sup>th</sup> January- Year 5&6 Football finals- Oldbury Wells School

Wednesday 4<sup>th</sup> February- Year 5/6 (girls) athletics - Church Stretton School

Thursday 5<sup>th</sup> February- Year 1 Trip to Enginuity

Friday 6<sup>th</sup> February- NSPCC Numbers Day

Thursday 12<sup>th</sup> February- Gymnastics Competition Craven Arms Leisure Centre

Thursday 12<sup>th</sup> February- Valentines Disco

Monday 23<sup>rd</sup> February- Year 4 swimming every week until Monday 23<sup>rd</sup> March

Thursday 5<sup>th</sup> March- World Book Day

Wednesday 18<sup>th</sup> March- Swimming Gala Ludlow Leisure Centre

Tuesday 24<sup>th</sup> March- Year 4 Easter Performance

Friday 27<sup>th</sup> March- Year 3 Local area walk