

LUDLOW PRIMARY SCHOOL



NEWSLETTER



30.01.26

01584 873602

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

Sorry to say goodbye!



Unfortunately, Mr Dean will be leaving us from February half-term. He has decided on a new venture in life and will be opening a local game café in the coming months!

His replacement teacher will be Miss Howarth, an experienced teacher currently working in Herefordshire. We will welcome her after February half-term.

Since joining Ludlow Primary School, Mr Dean has been a wonderful addition to our staff team, and we will all be incredibly sad to see him go. He will have made a lasting impression on all the children that he has taught, and we thank him for all his hard work.

Celebration Time & Reader of the Week

Congratulations to the following children who were celebrated in Assembly on Friday 23rd January.

Well done all!

Macie-Rae Taylor Nia James Harvey Holt Maisie Martin
Zack Griffiths Lily Perez-Brown Alannah Brookes Elsie Wall Vinnie Collier
Santiago Price-Gouveia Archie Siveter Ethan Burgoyne
Sienna Morris Amelia-Rose Hansom Ciara Morris Oscar Lewis
Hugo Palmiero Charlie James Radi Ryadkov Leo Loizou Elsie Morris
Sophie Andrew-Hunt Oscar Holcombe Thomas Roberts
Jemimah Lino Rosa Morgan Antarpreet Kaur



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

Many thanks
Mr Whitbread



Valentines Discos Thursday 12th February

KS1 (Reception, Year 1 and 2) 4:45pm-5:45pm

KS2 (Year 3,4,5,6) 6pm-7pm

Both at Clee View Site

Children need to pay £1 in advance to their class teacher or teaching assistant by Monday 9th February, so we know the numbers for both discos.

Snacks and drinks will be available at the discos on the night and will all be 50p each. Please can children bring change with them.

We encourage all children to come along for a dance and some fun whilst raising funds for your school.

Thank you from

The Friends of Ludlow Primary School



Family Information Service (FIS)

Please find below useful information which can be found on the Family Information Service (FIS) page, helping you to find information on childcare, things to do, plus local and national organisations and services for children, young people and families. Further information can be found on the link below:
[Information to help families in Shropshire - Shropshire Together Community Directory](#)

Fun for free

At your library

Libraries are so much more than books, long gone are the days where you were expected to talk in a whisper. Shropshire's libraries are warm, welcoming, community spaces. You'll find loads of free activities on offer for all the family including things like:

- Rhyme and story time sessions for 0-5 year olds
- Stay and play sessions for pre-schoolers
- Baby Sensory sessions
- Lego and Duplo clubs
- Board game clubs
- Creative writing, art and crafts
- Jigsaw libraries
- Free school holiday activities

You can find out what is going on at your local library on the library events page [Library events | Shropshire Council](#) Some libraries also have social media pages where they advertise events and activities.

Drop in and chat to a Health Visitor

Did you know Shropshire Health Visiting Service run free drop-in clinics in Shrewsbury, Market Drayton, Oswestry, Ludlow, Bridgnorth and Highley?

Health Visitors can help families with children aged 0-5 years old. They can offer information, advice and support on a range of topics, including:

- Infant feeding and breastfeeding advice
- Child development
- Emotional health and wellbeing
- Parenting and local support groups
- Behaviour
- Sleep

If you would like support but are unable to get to a session, you can also get help by calling 0333 358 3654 or texting the team on 07520 635212.

Food banks to community food shares

Coffee and Chat - Early Help support

Food Banks

If you are struggling to buy food you may be able to get emergency food through a food bank. To use a food bank you may need a referral. There are many people who can make a referral for you including health professionals, advice workers, housing associations and Shropshire Council. You can find your local food bank and further information here on the [Shropshire Larder website](#).

Food Shares and Community Kitchens

Food shares and Community kitchens redistribute surplus food on a 'pay as you feel' basis - meaning you pay as much as you can or are willing to spend. These are often **open to everyone** and are aimed at stopping food waste. Local projects include:

- [Shrewsbury Food Hub](#)
- [Osnosh Community Kitchen - Oswestry](#)
- [Ludlow Foodbank Open Table Events](#)
- [Ludlow Hands Together Community Fridge](#)
- [Highley Community Project](#)
- [Telford Community Grocery Store](#)

You can get free information, advice and support on all aspects of family life, at our Family Drop-Ins and Stay and Plays. You can chat, have a cuppa and see how we can help you with:

- Family life
- Parenting support
- Domestic abuse support
- Money worries
- Housing support
- Special Educational Needs and Disabilities (SEND)
- and much more

To find your local drop in please visit the Family Information Directory

NHS Healthier Families

The NHS Healthier Families website has lots of ideas for games and activities, with your favourite Disney and Marvel heroes, that will keep your kids moving. The website also has advice on healthy eating, recipe ideas and lunchbox inspiration. You can visit the website here: [Healthier Families - Home - NHS](#)



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>

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.



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?

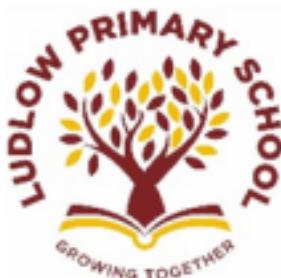
Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day, however, achieving this balance is not always as easy as it sounds. The key to a healthy packed lunch is variety and getting the right balance of foods to provide 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

Website: www.ludlowprimaryschool.co.uk

2025

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

Autumn term starts: Wednesday 3rd September 2025

Half term: Monday 27th October 2025 - Friday 31st October 2025

Autumn term ends: Friday 19th December 2025

2026

PD day: Monday 5th January 2026

Spring term starts: Tuesday 6th January 2026

Half term: Monday 16th February 2026 - Friday 20th February 2026

Spring term ends: Friday 27th March 2026

Summer term starts: Monday 13th April 2026

Bank holiday: Monday 4th May 2026

Half term: Monday 25th May 2026 – Friday 29th May 2026

Summer term ends: Thursday 16th July 2026

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 12th January - Year 3 swimming every week until Monday 9th February

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

Thursday 5th February- Year 1 Trip to Enginuity

Friday 6th February- NSPCC Numbers Day

Thursday 12th February- Gymnastics Competition Craven Arms Leisure Centre

Thursday 12th February- Valentines Disco

Monday 23rd February- Year 4 swimming every week until Monday 23rd March

Thursday 5th March- World Book Day

Wednesday 18th March- Swimming Gala Ludlow Leisure Centre

Tuesday 24th March- Year 4 Easter Performance

Friday 27th March- Year 3 Local area walk