



CLAYBROOKE PRIMARY SCHOOL

Together we flourish | Est 1814

Claybrooke Primary School
(Part of INSPIRING PRIMARIES ACADEMY TRUST)
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Head of School: Mr P. Rock

Message from Mr Rock

It has been another great week at Claybrooke. Children in Oak Class have been taking part in their latest assessments, showcasing how fantastic they are and how much they have learnt. In PSHE Oak have also been exploring relationships and how to spot bullying.

Maple Class have begun their latest unit about 'forces'. They have been finding out all about friction, what a contact force is and how surfaces affect an object's movement.

In Willow Class they have started a new Science unit, exploring 'Wondering' as well as learning about 'What makes a good photo' in Computing.

This week, as part of our ongoing programme of professional development, all of the teaching staff met with colleagues from across Inspiring Primaries Academy Trust to take part in shared writing moderation. It was very useful to share and compare some of the great examples of writing from across our schools with other professionals.

Thank you for your continued support.

Mr Rock
Head of School

**Be safe,
Be ready,
Be respectful.**



Welcome to the latest school newsletter.

This week's newsletter comes with a fresh new look for 2025!

Please take the time to read it each week so you are always up to date with the latest school news.

Make sure you have the latest version of Arbor downloaded so you can receive any important messages from the office and follow us on Facebook for the latest school news. Click this [link](#) to view our Facebook page.

Congratulations to our recent certificate winners

Excellent Work: Elise, Seren, Patrick & Millie
Values: Edie, Amelia, Bonnie & Griffin



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Go above and beyond!

Upcoming events.

Consultation evenings.

Please ensure you book in your slot for the upcoming parent consultation evenings. Log into your Arbor and select your time slot.

Judo visit.

Next Friday, 31st January, we welcome Dan Powell to Claybrooke to give each class a judo session.

HYCY bus.

The HYCY bus returns next Wednesday at lunchtime.

Author Visits:

We are pleased to welcome back Andy Tooze, the poet from the peaks on Tuesday 11th February and on Friday, 14th March we welcome Hannah Shaw. Both visits are part of our upcoming Claybrooke Reading Festival. More details coming soon for this.

“ I loved Young Voices, it was the best night of my life!” Chloe, Oak Class

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

*WHOLE SCHOOL
ATTENDANCE*
w/e 24.01.25

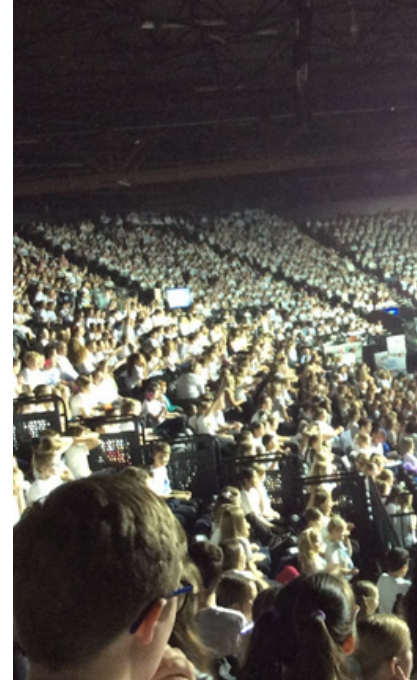
Oak: 91.16%

Maple: 88.1%

Willow: 87.84%

Whole school: 88.94%

Young Voices 2025



What a fantastic experience at Young Voices last week. Lots of amazing singing and dancing. Well done everyone.







Oak Class news



In reading, we have read Shakespeare's, 'Midsummer Night's Dream'. The children thoroughly enjoyed the story and were able to make interpretations and retrieve key information from the text. We have since moved on to reading 'I am not a label', which includes the biographies of 34 disabled artists, thinkers, athletes and activists from past and present.



In Maths this term, we have been working on finishing fractions, particularly on multiplying and dividing fractions. We have finished this unit and have since moved on to looking at decimals. In the run up to SATs, the children will be participating in extra maths lessons, to ensure all content is covered.

This term in RE, we have been learning and discussing, "For Christians, what kind of King was Jesus?". We have looked at the kind of world Jesus would want to exist, as well as how organisations, such as Christian Aid, work with people in poverty around the world.



In writing, we have started to write our own biography, on the astronaut, Mae Jemison. The children have worked on including the past and present perfect tense, how to use the appropriate pronouns and conjunctions, and how to use relative clauses.

We have completed a unit in Science this half term, "Earth and Space". The children have learnt the planets, the phases of the moon, why we have seasons and how a lunar eclipse takes place.

We welcomed Sunita back into Claybrooke this half term, to tell us the story of Diwali. We participated in some traditional Indian folk/bollywood dancing and got to dress in traditional clothing!



Claybrooke calendar 2024- 25



Please see provisional dates for the upcoming academic year. (All dates are subject to change.)

* = Parents invited

Spring Term 2025	
Date	Event
Sun 26/01	PTA Wellbeing event in hall*
Wed 29/01	HYCY Bus visit at lunchtime
Fri 31/01	Daniel Powell Judo Visit
Thur 06/02	Wellbeing Ambassadors out for training
Tue 11/02	Consultation evenings *
Tue 11/02	Poet visit to school
Wed 12/02	Consultation evenings *
Fri 14/02	Sports Ambassadors out
w/c 17/02	Spring Half-Term Week
Mon 24/0	School re-opens
Mon 24/02	Forest school begins for Oak Class
Tue 25/02	Topic Showcase 2.30-3.00 *
w/c 03/03	Reading Festival Week
Thurs 06/03	World Book Day:
Wed 02/04	Warning Zone trip. Y6 only
w/c 14/04	Easter Holidays
w/c 21/04	Easter Holidays

Summer Term 2025	
Date	Event
Mon 28/04	School re-opens
Mon 28/04	Forest school begins for Willow Class
w/c 12/05	Y6 SATs week
Date tbc	Saffron Lane Athletics
w/c 26/05	Summer Half-Term Week
Mon 02/06	Start of Summer 2nd
Mon 02/06	Forest school begins for Maple Class
Wed 11/06	School Sports Day
Wed 18/06	Reserve Sports Day
Wed 02/07	Oak Class Production 2.00-3.00 & 6.00-7.00 *
Tue 08/07	Leavers' Assembly 9.30-10.30 *
Tue 08/07	Last Day of School Year
Wed 09/07	Summer holidays begin
Tue 26/08	School reopens for pupils

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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