

Claybrooke Primary School Newsletter 10.01.25

Be safe, Be ready, Be respectful.

Welcome to the latest weekly newsletter
Happy New Year.

On behalf of all of the staff, thank you for all of your Christmas wishes, cards and presents. They were very much appreciated. I hope you all had a lovely Christmas holiday and were able to take the time to relax with family and friends

The Indian Experience workshop

On Wednesday we welcomed another visit from Sunita, who shared the story of Diwali with us. We enjoyed an assembly, and listened to the story of Rama and Sita. Afterwards, the children all got to dress up in traditional Indian clothing and even learnt some traditional folk and Bollywood dance moves!



Diary dates: The spring and summer term diary dates can be found each week within the newsletter. Please keep up to date with these each week as they are regularly updated.

Pupil Premium. If you are eligible you can apply yourself, or Sabrina in the office can apply on your behalf. Once the application is complete your child could benefit from extra support in school, funding for a club, or support towards the costs of trips and a selection of uniform items purchased each year. Please speak to a member of staff if you would like more information or click this [link](#):

Parking outside school.

We've had a number of parents parking on the yellow zig zag lines over the last week. Please can I remind you to park sensibly outside school to keep our children and other road users safe. Thank you.

Please continue to send the children in warm coats, scarves, hats and gloves as we are still outside at break and lunchtimes whenever possible.

I hope you have a lovely weekend.
Thank you for your continued support.



Mr P. Rock
Head of School



**CLAYBROOKE
PRIMARY SCHOOL**
Together we flourish | Est 1814



Well done to those who received certificates this week:

Excellent Work: Quinn, Georgia, Jack and Bridie

Values: Poppy, Bonnie and Taylen



Whole school attendance

w/e 10.01.25 89.7%

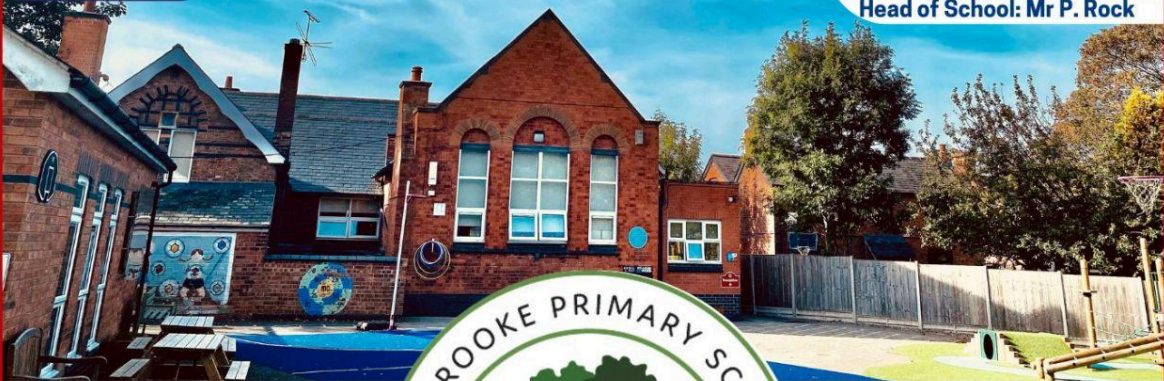
**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

FIRST TIME SCHOOL ADMISSIONS APPLICATIONS:

First Time Primary School Application Closing Date Approaching - LCC School Admissions The closing date for primary school applications for next autumn (2025) is approaching. If you've a child starting primary school for the first time in Leicestershire next autumn **you need to apply by 15th January 2025**. Visit Leicestershire County Council's school admissions pages by clicking this [link](#) for information about applying and to submit your application.

Ofsted
Good
Provider

Places available at Claybrooke Primary School.
Call 01455 209238 or email claybrooke@ipat.uk
Find out more by following us
on Facebook or through our
website:
www.claybrooke.leics.sch.uk
Head of School: Mr P. Rock



An inclusive, traditional small village school, with a family feeling, close to the A5 at Burbage and M1 at Lutterworth.



For a personal tour and for admissions for 2024/25 and 2025/26, please contact the school office.

Large playing field, hall and woodland area



Passionate, caring and nurturing staff team



'Together We Flourish'

Pupils have a 'positive attitude to those who are different. These attitudes contribute to the harmonious ethos of the school'.



'The curriculum 'is ambitious and well designed to meet the needs of pupils in the school.'

'Pupils work hard and talk confidently about their learning'



**Inspiring Primaries
Academy Trust**
Inspiring all to flourish and succeed



January Wellbeing Event



Claybrooke Primary School PTA invite you to this very special fundraising event...



Enjoy stress relieving & mood boosting Yoga for all bodies, plus a guided relaxation to melt tension and worries - delivered by a qualified Yoga Teacher & Therapist.



Plus a series of creative coaching activities to refocus your priorities for the year ahead. - led by a professional life Coach.

Only £25 per person
Including hot drink, tasty treat and all craft materials

Beat the January blues, while supporting your school!

All proceeds will go towards new playground equipment for your child!

Sunday January 26th 2025, 1pm - 4pm
@ Claybrooke Primary School Hall

Spaces limited to ensure a relaxed atmosphere. To book your spot, complete the attached form. Feel free to contact Nichola for more info - 07828038494

*Latest vacancies within Inspiring Primaries Academy Trust.
(click on the links below)*

[JW Family Liaison Officer](#) - Working at John Wycliffe and Claybrooke Primary Schools

[JW Learning Support Assistant](#)

[Learning Support Assistant](#) role at Ullesthorpe Primary School

[Trust advert - Midday Supervisor roles - Trust advert](#)



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
Fri 17/01	Young Voices Concert (Only for those signed up)
Sun 26/01	PTA Wellbeing event in hall*
Fri 31/01	Daniel Powell Judo Visit
Tue 11/02	Consultation evenings *
Wed 12/02	Consultation evenings *
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

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JusTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call; exclusive stickers; a badge denoting them as a premium subscriber; and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what *is* and *isn't* safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

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/justalk-kids>



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Tips for getting the right NHS care for you and your family

1

Use NHS 111 when it's urgent

If you need urgent care, you should seek help straight away.

Contact NHS 111 online, by phone or via the NHS App at any time, day or night

3

Use a pharmacy for minor illness

Pharmacies can support with common illnesses by providing advice and medication.

Many can also prescribe prescription medication for some conditions without you needing to see a GP first.

5

Get in the know, before you need to know

2

Check out the urgent care services

If you have an urgent health concern, there are many urgent care services you can access without an appointment.

Use NHS 111 to make sure it's the right place for you.

4

Visit a neighbourhood mental health cafe

If you need support with your mental health and wellbeing, visit one of the local neighbourhood mental health cafés.

There are cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff.

Visit www.getintheknow.co.uk for lots of useful information on getting the right care at the right time over the winter months