

Longden CE Primary School and Nursery Newsletter - Thursday 3rd October 2024



The weeks are flying by, and as it feels more autumnal now can I remind the children to make sure they bring a coat to school please. It has been great to see most children in class for 8.30am, and staff report more punctual starts to the day and to lessons. The gates are opened at 8.25am and the doors to classes just before 8.30am (earlier if it is raining) , but we appreciate the roads around school are busy and parking can be tricky which can delay you in the morning. We are closing the gates to the playground at 8.40am as children are now in class earlier as we don't want them to be unlocked once the day begins.

Thank you

Mrs Johnson

Harvest Sharing Assembly - **Fri 4th Oct 24 - 9am**



Don't forget, it is our Harvest Festival this Friday 4th October at 9am. Parents and carers are welcome to join us and we look forwards to seeing you.

This year we are collecting for Shrewsbury Food Bank. Items they would like include:

soup

biscuits

jam/spread

tinned main meals

soap

tinned meat

Please bring them on Friday morning.

Thank you

Secondary Application deadline – 31 October 2024

The closing date for secondary applications is 31 October 2024 which falls in the half-term holidays. If you have not already done so, we encourage you to submit an application as soon as possible but before the deadline date. This will ensure that if you encounter any problems, you can be supported/helped and to submit your application on time. There is no grace period for late applications.

The link for the website is <https://next.shropshire.gov.uk/school-admissions/apply-to-start-or-transfer-school/transferring-to-secondary-school/>The School Admissions Team strongly encourage parents to name three preferences, particularly if you reside in the Shrewsbury area. Please see the Parents' Guide to Education in Shropshire Booklet for further information.

The link to the document is <https://next.shropshire.gov.uk/school-admissions/parents-guide-to-education/>If you have already made an application and wish to add additional preferences please contact school-admissions@shropshire.gov.uk

Dear parents and carers,

An introduction from our new chair of governors

I'd like to take this opportunity to introduce myself to you all as the new Chair of Governors for Longden C of E School. As many of you will know, I have two children at Longden and was elected as a parent governor two years ago and since then have worked closely with leadership and staff at school and very much enjoyed the opportunity to take an active role in ensuring that Longden is a safe and nurturing school in which all children will thrive.

As a governing board we have 3 core functions to ensure;

- That the vision, ethos and strategic direction of the school are clearly defined
- That the headteacher performs their responsibilities for the educational performance of the school
- The sound, proper and effective use of the school's financial resources.

In order to fulfil these core functions all members of the governing board have regular committee and full board meetings, as well as being individually linked to classes and having regular contact with school leaders, staff and pupils. This ensures that we all have a clear understanding of the school vision and community and enables us to act strategically in supporting our dedicated staff in promoting and maintaining high standards at Longden.

Before becoming chair of governors my role was acting as Safeguarding Link governor which involved regular meetings with our school's Designated Safeguard Lead (DSL), Mrs Johnson and with the school business manager, Mrs Bradshaw. During these meetings we reviewed policies relating to safeguarding and safer recruitment as well as ensuring that procedures are followed so that all children are kept safe. As part of these conversations we regularly reviewed how children at school are educated and given the skills to stay safe online. This learning is embedded within the curriculum at school in age appropriate learning.

But as a parent I know that it is not simply the responsibility of school to ensure that our children stay safe online and so I wanted to share with you all a national campaign that is bringing parents together in a pact to not give their children a smartphone. There are already a number of parents at Longden school who have joined the campaign and so I wanted to share this for anyone who might be interested;

<https://smartphonefreechildhood.co.uk/>

The National College also have some really helpful resources and webinars to help us be educated parents and carers in a technological world that is continually evolving and changing. This includes their #WakeUpWednesday initiative;

<https://nationalcollege.com/experts/national-online-safety>

One of the things that I have loved about having children at Longden and becoming a governor at school is the enormous sense of community and I hope that by acting together we can all ensure that our children can stay safe and thrive.

Jacinta Walton

PTA Update

We have a new joint chair as Clare Mottram has joined Nicky Drew in this position with Laura Mottram taking up the role as treasurer, Ali Eaton becoming minutes secretary and Rachael Davies continuing her role as publicity secretary.

Thank you to Rowan Metliss who remains on the committee but has stepped down as treasurer after many years of being in this role. Welcome to Samara Pateman who has joined the committee.

The following video highlights the work the PTA do and celebrates last years achievements.

Thank you to all of you for your support.

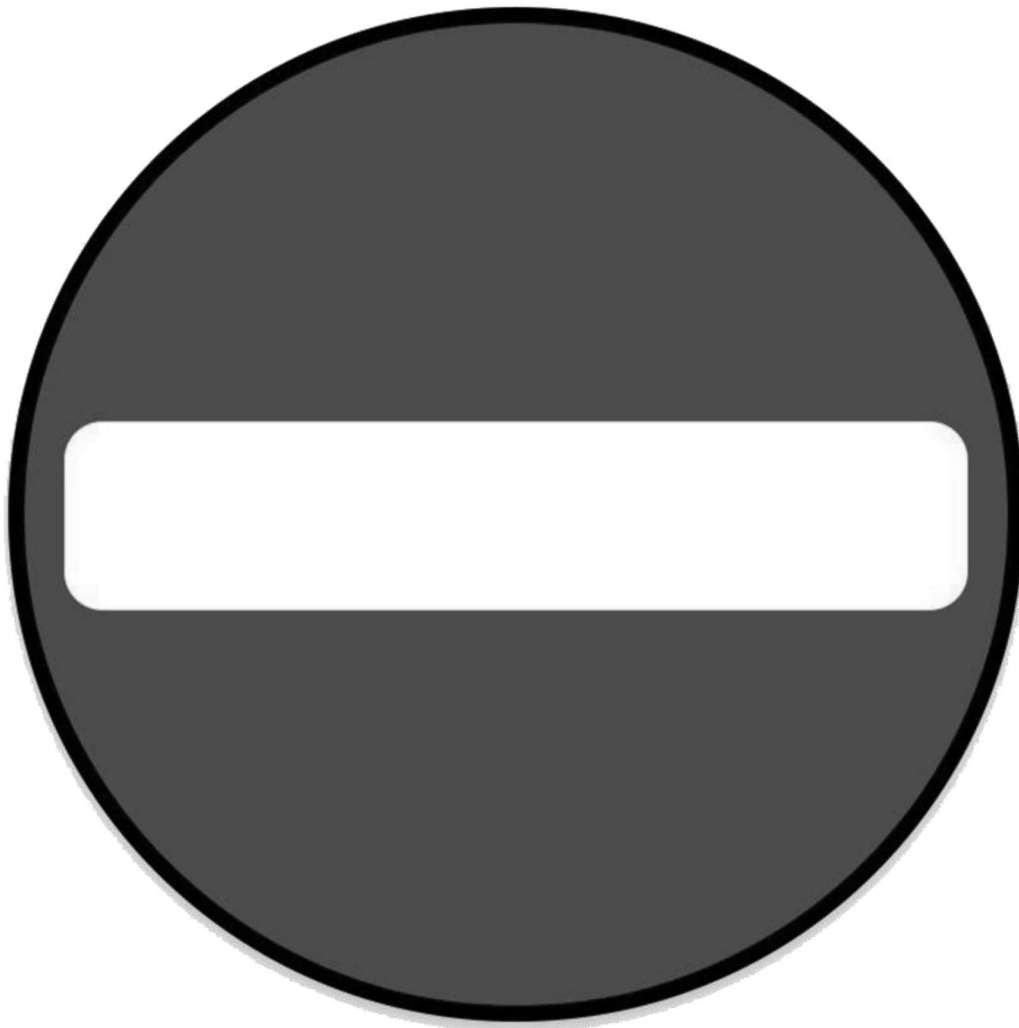
I have been a member of the PTA for many years and the amount of money raised each year goes up and up. If it wasn't for your help with this then the children wouldn't enjoy the trips they have or enjoy the puppet show each year as well as other things shown in the video.

Thank you again,

Best wishes,

Mrs Portman

Use of the school driveway and car park - staff and authorised visitors only



Please remember to park on Plealey Lane when bringing your child(ren) to and from clubs before and after the school day. The school drive is busy with staff and authorised visitors throughout the day. We want to avoid pedestrians and vehicles using this access at the same time, and so reducing the number of vehicles using this access is of benefit to us all.

Thank you for your understanding.

PTA Appeal - ASDA Cashpots for Schools - Please act now to raise funds for our school

We've got some exciting news to share with you.

Parentkind – a charity that supports school PTAs - have teamed up with Asda, who is making millions of pounds available to donate to primary schools across the UK through their 'Cashpot for Schools' initiative. To support our school, all you have to do is opt-in through the Asda Rewards app, shop and scan in store or shop online at Asda.com.

Between 2nd September and 30th November 2024 – every time you shop with Asda using your Asda Rewards app, Asda will donate 0.5% of the value of your shop to your chosen Primary school. Also, every time somebody opts-in to support our Primary school, Asda will give an additional £1 to the school Cashpot. Plus, it doesn't stop there – Asda are also giving £50 to every school to get them started.

The supermarket has joined forces with Joe Wicks to support the initiative – look out for the TV advert, radio ads and social media coverage!

It's as easy as 1,2,3

1. Download the Asda Rewards app, register and opt-in to Cashpot for Schools (make sure you have the latest version of the app installed)

<https://apps.apple.com/gb/app/asda-rewards/id1578902078>

https://play.google.com/store/apps/details?id=com.asda.rewards&pcampaignid=web_share

2. Choose our Primary School – either searching by name or postcode

3. Shop instore across Asda and George, or online at Asda.com and start filling your Cashpot as you shop

Asda does the rest, all money raised will be donated to schools to spend on the things they need the most. We are aiming to spend our donations on *new IT Equipment*.

Remember, anyone can sign up – so start spreading the news and raising funds for our school.

This initiative is on top of the existing Asda Rewards benefits you get as a shopper – so you won't lose out on any of your own earnings or Cashpot, so everyone is a winner!

For more details, visit asda.com/cashpotforschools

So far we have raised £86.94! Many thanks

INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate ££s to schools.

CASHPOT FOR SCHOOLS

Only with **ASDA Rewards**

Download and opt-in today

With **Parentkind**

HERE'S HOW:

- 1 Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2 Choose your primary school
- 3 Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4 Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5 We'll do the rest! We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.

Selected items. Maximum spend £25. Exclusions apply including Asda Express & George.com. Subject to availability. UK 16+ App & Opt-in required. Cash of the value of a customer's eligible spend will be donated to their chosen primary school, until September 30th 2025. Full T&Cs at www.asda.com/parentkind/cashpot. Rewards T&Cs at www.asda.com/rewards/terms. Ends 30/09/24

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Settling in Interviews, Tuesday 15th and Thursday 17th October 2024,
3.30-5.30pm Year R-6

Dear Parents and Carers,

Our first parent's evenings of the year is an opportunity for you to meet with the class teacher and to see how your child has settled into the new school year. Each appointment is five minutes long, so please arrange to see the class teacher at another time should you feel that you need it following parent's evening.

The parent-teacher meetings are on Tuesday 15th and Thursday 17th October 2024 between 3.30pm and 5.30pm.

Please note that **Maple** class appointments will be **Monday/Tuesday** instead of **Tuesday/Thursday**.

To make your appointments please login at: <https://parents-booking.co.uk/longden> To login you will need to enter your full name, your child's name ([First Name] [Last Name]) and your child's date of birth ([Birth Date]). The login details you enter must match those we have on record for you.

*Appointments will be available to book from **6pm on Friday 13th September 2024**. After you have made your appointments you can choose to print or e-mail confirmation.*

If you cannot login please contact the school office.

N.B. The email address field on the login page is only used to send your appointment confirmation. If you have problems logging in, it will not be because of the e-mail address you entered.

Kind regards,

Mrs Johnson

We are so fortunate to have so many parents and carers who willingly give their time to support activities throughout the school whether it is accompanying classes on trips, to swimming lessons and listening to children read, not to mention our fantastic PTA and the huge range of events that they organise over the year.

We are also very grateful for help that has been provided over the summer holidays - to Joel Kinsey for removing the wooden bridge that sadly had succumbed to the elements - and to Richard Parsons-Jones last weekend cutting back the hedges on the new path leading from The Tankerville.

So a very big thank you to everyone for their support and their care and attention for our school.



School Uniform - Lost Property and Preloved Uniform

Lost Property - after just a few weeks into term there is already a large amount of lost property in school. If you are missing things please **check the box under the counter in the library**. Please ensure all items are labelled so we can reunite items with their owners.

Pre-loved uniform - there is now a clothes rail in the reception lobby where items of pre-loved uniform are available. Please pop and help yourself as required. We welcome donations of any preloved uniform. Please ensure items are washed, thank you.

Join us in making a pact for a 'Smartphone Free Childhood'



Kids & smartphones – what's the big deal?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming.



HARMFUL CONTENT

Smartphones act as a gateway to pornography, violent and extreme content. Often kids don't seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they're sent explicit content they didn't want to see.



ADDICTION

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.



ACADEMIC DISTRACTION

The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bans get GCSE's 1-2 grades higher.



GROOMING

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in 'self generated' sexual abuse imagery of children under 10.



CYBERBULLYING

Disagreements between pupils used to stop at the school gate, now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.



MENTAL ILLNESS

Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.



OPPORTUNITY COST

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world. The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.

Join the grassroots parents movement to protect childhood from Big Tech

www.smartphonefreechildhood.co.uk/join

For all links to stats references see www.smartphonefreechildhood.co.uk/the-problem

*What's the problem with kids and smartphones? When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming. Exposing children to things their brains aren't yet developed enough to deal with can cause a whole host of problems, from triggering anxiety and eating disorders, to opening the door to cyberbullying or sexual predators, according to the latest research. **When we give our children access to the whole world in their pocket, we give the whole world access to our children.***

<https://smartphonefreechildhood.co.uk/>

Swimming Lessons 24/25

We are changing the organisation and delivery of swimming lessons from September 2024. We will continue to go to Shrewsbury School for lessons but these will now start for children in Year 4 and 5 for eight weeks. This will mean that these year groups have dedicated sessions to develop their competence and proficiency in the water.

Any Year 5 children who are unable to swim 25 metres at the end of these blocks will be offered additional small group lessons in Year 5 & 6.

*We know that younger children may be disappointed to not be going swimming with school, but we hope that by having smaller, focused groups with more lessons provided, the children will benefit greatly from these new arrangements. Lessons have started for Year 4s and 5s on **Wednesday 11th September 2024.***

Please check ParentPay to provide consent and a contribution towards the cost of these lessons. We are again this year subsidising 50% of the cost of these lessons. If you are unable to make a contribution please contact Mrs Johnson or Mrs Bradshaw to request support. Thank you

LONGDEN SWIMMING SCHEDULE 2024-25 AY				
Year Group	Weeks in Block	Dates	Weekday	Session Time
Year 4 and 5	1	11/09/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	2	18/09/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	3	25/09/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	4	02/10/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	5	09/10/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	6	16/10/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	7	23/10/2024	Wednesday	11.15am-12.15pm
Year 4 and 5	8	06/11/2024	Wednesday	11.15am-12.15pm

Longden CE Primary School and Nursery - Terms and Holiday Programme 2024-25

Longden CE Primary School and Nursery - School Terms and Holiday Programme 2024/25

<https://www.longden.shropshire.sch.uk/term-dates-and-school-opening-hours/>

Longden CE Primary School and Nursery - School Terms and Holiday Programme 2024/25

September 2024							October 2024							November 2024							December 2024							January 2025						
M		2	9	16	23	30	M		7	14	21	28	M		4	11	18	25	M		2	9	16	23	30	M		6	13	20	27			
T		3	10	17	24	T		1	8	15	22	29	T		5	12	19	26	T		3	10	17	24	31	T		7	14	21	28			
W		4	11	18	25	W		2	9	16	23	30	W		6	13	20	27	W		4	11	18	25	W		1	8	15	22	29			
Th		5	12	19	26	Th		3	10	17	24	31	Th		7	14	21	28	Th		5	12	19	26	Th		2	9	16	23	30			
F		6	13	20	27	F		4	11	18	25	F		1	8	15	22	29	F		6	13	20	27	F		3	10	17	24	31			
S		7	14	21	28	S		5	12	19	26	S		2	9	16	23	30	S		7	14	21	28	S		4	11	18	25				
Su		1	8	15	22	29	Su		6	13	20	27	Su		3	10	17	24	Su		1	8	15	22	29	Su		5	12	19	26			

February 2025							March 2025							April 2025							May 2025							June 2025						
M		3	10	17	24	M		3	10	17	24	31	M		7	14	21	28	M		5	12	19	26	M		2	9	16	23	30			
T		4	11	18	25	T		4	11	18	25	T		1	8	15	22	29	T		6	13	20	27	T		3	10	17	24	31			
W		5	12	19	26	W		5	12	19	26	W		2	9	16	23	30	W		7	14	21	28	W		4	11	18	25				
Th		6	13	20	27	Th		6	13	20	27	Th		3	10	17	24	Th		1	8	15	22	29	Th		5	12	19	26				
F		7	14	21	28	F		7	14	21	28	F		4	11	18	25	F		2	9	16	23	30	F		6	13	20	27				
S		1	8	15	22	S		1	8	15	22	29	S		5	12	19	26	S		3	10	17	24	31	S		7	14	21	28			
Su		2	9	16	23	Su		2	9	16	23	30	Su		6	13	20	27	Su		4	11	18	25	Su		1	8	15	22	29			

July 2025							August 2025						
M		7	14	21	28	M		4	11	18	25		
T		1	8	15	22	29	T		5	12	19	26	
W		2	9	16	23	30	W		6	13	20	27	
Th		3	10	17	24	31	Th		7	14	21	28	
F		4	11	18	25	F		1	8	15	22	29	
S		5	12	19	26	S		2	9	16	23	30	
Su		6	13	20	27	Su		3	10	17	24	31	

		School Day	190
		School Holiday	57
		Bank Holiday	8
		PD Days	5

Autumn 1st Half	35	days
Autumn 2nd Half	35	days
Spring 1st Half	29	days
Spring 2nd Half	35	days
Summer 1st Half	16	days
Summer 2nd Half	35	days
Staff Total	195	days
Pupil Total	190	days
<small>(Pupils required to attend for 190 days)</small>		

2024/2025

Key Longden Calendar Dates for the 24/25 academic year

An overview of all the key dates of events and activities throughout the 24/25 academic year is now available on our website: <https://longden-shropshire.secure-primariesite.net/term-dates/>

Dates for the diary - Autumn Term

Tempest Photography - Individual & Sibling photos - **Fri 11th Oct 24**

Oak Class Visit to RAF Cosford - **Wednesday 16th October**



Year R to Year 6 - Nasal Influenza Immunisation Vaccine - **Mon 21st Oct**

Christmas Performances - **Mon 16th & Tue 17th Dec 24**



This year children will be taking part in performances as three groups.

Nursery performance is on Wednesday 18th December (in the afternoon, time to be confirmed)

Willow and Maple Class performances are on Monday 16th December at 2pm and Tuesday 17th December at 6pm.

Ash, Chestnut and Oak performances are on Monday 16th December at 6pm and on Tuesday 17th December at 1.30pm.

Sealegs Puppet Show at Longden - **Thursday 19th Dec 24**

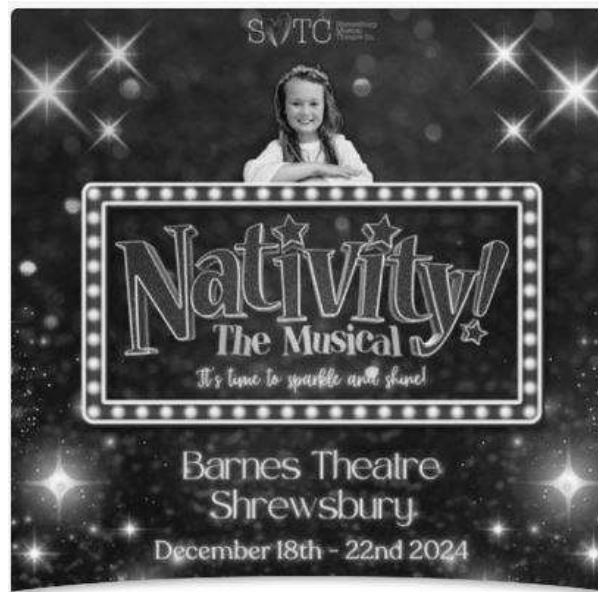


Whole School - Sleeping Beauty Pantomime @ Theatre Severn -
Friday 10th Jan 25

Nativity The Musical, Barnes Theatre, Shrewsbury, Wed 18th
December 2024 - Sun 22nd December 2024

One of our pupils, Rowan, will be appearing in this production. Follow this link to get tickets for this family show in December. Good luck Rowan!

Nativity! The Musical Tickets ¹



¹<https://www.ticketsource.co.uk/whats-on/shrewsbury/barnes-theatre/smtc-presents-nativity-the-musical/e-zmjmeb>

Shropshire Parenting Help and Support Line

Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm

Fri, 9.30am - 3.30pm

No judgment, just support



Does your child struggle with their sleep?

Free Sleep Tight Workshops

Join us on one of our virtual or face-to-face workshops and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Our next Workshops start:

Sleep Tight on Thursday 19th September 2024 from 12.45pm to 2.45pm Virtually via MS Teams

Sleep Tight SEND Friday 20th September 2024 from 9.30am to 11.30am at Wilfred Owen School, Shrewsbury, SY2 5SH

Sleep Tight SEND on Thursday 7th November 2024 from 12.45pm to 2.45pm Virtually via MS Teams

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950



Raising any safeguarding concerns as a parent

- Please report your concerns to Shropshire First Point Of Contact on 0345 678 9021
- If you need to report concerns out of office hours please contact the Emergency Social Work Team² on 0345 678 9040 selecting option 1




You can also speak to:

- Protecting Vulnerable People (West Mercia Police): 0300 333 3000
- NSPCC: 0800 800 5000
- Childline: 0800 1111

You can also talk to Mrs Johnson in school.

If you want to report criminal behaviour, please telephone 0800 555 111 or go to <https://www.westmercia.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

Shrewsbury Hockey Club



**ENJOY HOCKEY!
AT SHREWSBURY
HOCKEY CLUB**



Learn from fully qualified England Hockey accredited coaches.

Children age 4-10 - Sundays at 10.30am-12pm.

Children age 10+ - Tuesdays at 6-7pm & Wednesdays at 7-8.15pm.

Sessions at **Roman Road Sports Centre, Meole Brace School.**

✓ Beginners Welcome ✓ Equipment Provided ✓ Free Taster Session

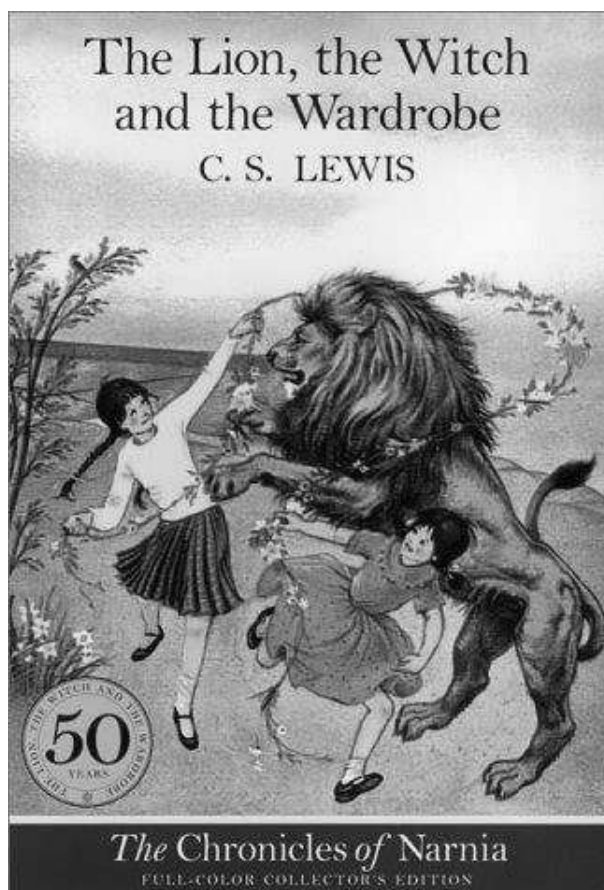
  **Contact: James - 07837 708 773**
shrewsburyhc_juniors@outlook.com
www.shrewsburyhockeyclub.co.uk

²<https://shropshire.gov.uk/emergency-social-work-team/>

The Lion, the Witch & The Wardrobe

Some older children studied this book last year, so they might like to go along and see the book come alive!

<https://www.atqtickets.com/shows/the-lion-the-witch-and-the-wardrobe/the-alexandra-theatre-birmingham/>



Free School Transport

Is your child attending the nearest and/or catchment primary school and living two miles or more from school? If so, they may be entitled to receive free school transport. Please read through the guidance notes below and following that, should you wish to apply, please follow the link below.

You can apply for either free school transport at a community school or school transport assistance on denominational (religious) grounds

In order to be eligible to receive free school transport the following criteria must normally be met:

- The pupil must be ordinarily resident in Shropshire

- The pupil must be in attendance at either the nearest, or catchment area school and live more than 2 miles away (for primary aged pupils) or 3 miles away (for secondary aged pupils). Distances are measured using the shortest pedestrian route between the home and school.

<https://www.shropshire.gov.uk/school-transport/available-support/primary/>