



Newsletter

11th September 2026

THIS week in school...

A very warm welcome to all our new pupils and families who have joined us this term. We hope you're settling in well and already starting to feel part of our school community.

We would also like to welcome Miss Brown, who joins us as the Skylarks Class Teacher and Miss Horton, our new Owls Class Teacher. We are thrilled to have them joining our team and know they will receive a warm welcome from pupils, staff and families.



Miss Brown



Miss Horton

Attendance

This week's attendance is

Whole School: 96.1 %

Robins: 95.5 %

Skylarks: 94.9 %

Owls: 94.4 %

Starlings: 100 %

Kites: 95.2 %

2026 The Year of Reading



Reading During Busy Weeks

All reading counts—even short moments.

At home: One page, one label, or one sign still matters.

Recommended read: Captain Souperlap – quick & fun



Upcoming Events

SEPTEMBER

Monday 21st

Recommended Reads launch 10:00 – 10:45am

Tuesday 22nd

Yr 1 & 2 Cross Country at Carding Mill Valley

Wednesday 23rd

Influenza Vaccination – Whole school

Thursday 24th

The Solihull Approach (Week 1) 1-3pm

Tuesday 29th

Yr 3 & 4 Cross Country at Carding Mill Valley

OCTOBER

Thursday 1st

The Solihull Approach (Week 2)

Wednesday 7th

Yr 5 & 6 Cross Country at Carding Mill Valley

Thursday 8th

The Solihull Approach (Week 3)

Tuesday 13th

School Photographs

Thursday 15th

The Solihull Approach (Week 4)

Friday 16th

Dr Bike

Term Dates 2026 / 27

Autumn

Starts 03.09.26

Half Term 26.10.26–30.10.26

Ends 18.12.26

Spring

Starts 06.01.27

Half Term 15.02.27–19.02.27

Ends 25.03.27

Summer

Starts 12.04.27

Half Term 31.05.27–04.06.27

Ends 20.07.27

Is my child too ill for school?



Does your child have a high temperature (38°C or more)?

YES Keep them off school until it goes away.

NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with a mild cough or common cold, sometimes, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups, and other children at school.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to other people. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease They're generally okay to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or nursery know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'



Skylarks have had a wonderful week! 🌟

We have done lots of fantastic learning this week, but our highlight has definitely been Forest School! 🌳

Our English text is The Three Little Pigs, so we have been busy building the three little pigs' houses. We thought it would be lovely to take our cross-curricular learning outdoors and bring the story to life at Forest School.

The children had great fun using natural materials to build their own houses, developing their creativity, teamwork and problem-solving skills along the way. It was wonderful to see them making links between our English learning and their experiences at Forest School.

What a fantastic week of learning, exploring and having fun, Skylarks! 🐷🏠🌿





**BISHOP'S CASTLE
PRIMARY SCHOOL** ★

You're invited to our

READING CAFÉ



COME FOR A READ, STAY FOR A CHAT

Join us for our Reading Café – a relaxed morning for parents and carers to share a love of reading, enjoy a drink and discover brilliant books for every year group.



DATE:
Monday
21st September



TIME:
10:00am –
10:45am



We'll be launching this year's
50 RECOMMENDED READS
for each year group!



*All parents and carers welcome –
we can't wait to see you there!*

Dear Parents and Carers,

To further improve the way we record and communicate first aid incidents, we will shortly be introducing a new online reporting system called I Am Compliant.

From now on, whenever your child receives first aid in school, the details of the incident and any treatment provided will be recorded securely using this system. Once the record has been completed, you will receive an email notification informing you of the incident. This will ensure that you are kept informed promptly and that all first aid records are stored accurately and securely.

Please note that this new system does not replace our existing procedures for more significant incidents. If your child receives a bump to the head, a member of staff will continue to contact you by telephone as soon as possible, in addition to the first aid email notification.

Please ensure that the school has your current email address so that you receive these notifications. If your contact details have changed recently, please let the school office know as soon as possible.

Thank you for your continued support.

Yours sincerely,



Miss Katie Froggatt

Head of School



SAFE BIKES



MORE CONFIDENCE



READY TO RIDE



OUR TEAM WILL:

- ✓ CHECK YOUR BIKE
- ✓ MAKE MINI FIXES
- ✓ GIVE SAFETY TIPS



CHILDREN, FAMILIES AND THE COMMUNITY

are all welcome to bring their bikes to be checked and serviced.

This on-site maintenance session helps ensure pupils' bikes are safe, roadworthy and Bikeability-ready ahead of cycle training.



WHAT HAPPENS ON THE DAY?

- Learn Cycling will set up at school with an EazyUp shelter and work stand.
- Pupils, parents and staff can drop bikes off before school and collect them at the end of the day.
- Minor repairs and safety adjustments are carried out on site, alongside practical cycling advice.
- Bikes are checked for:
Tyres • Brakes • Steering • Gears



WHY IT'S GREAT

- Removes barriers to cycling and Bikeability
- Builds confidence and independence
- Promotes healthy, active travel
- Runs just before Bikeability training



DR BIKE IS COMING TO YOUR SCHOOL!



St George's School

FRIDAY

25th SEPTEMBER



**Bishop's Castle
Primary School**

FRIDAY

16th OCTOBER



This event has been organised by the school using the Active Travel Grant the school applied for.

More families eligible for Free School Meals



From September 2026

there will be significant changes to the Free School Meals (FSM) eligibility in England.



All children in households on Universal Credit will be eligible regardless of income.



Apply now
by visiting



<https://next.shropshire.gov.uk/free-school-meals/apply-for-free-school-meals/>



Shropshire
Council



READY, SET, SCHOOL!

EVERY
DAY
COUNTS

A POSITIVE START TO THE NEW SCHOOL YEAR

Small steps now can help your child feel **confident**,
calm and **ready to learn**.

TOP TIPS FOR PARENTS



RESTORE ROUTINES

Start earlier
bedtimes and
morning routines
about a week
before term
begins.



BUILD EXCITEMENT

Talk about the
fun things ahead –
friends, learning
and experiences.



TALK AND LISTEN

Ask how they're
feeling, listen
and reassure
them.



PRACTISE THE JOURNEY

Walk, drive or talk
through the route
to school so it
feels familiar.



POSITIVE GOODBYES

Keep goodbyes
short, warm and
reassuring.



TIME TO UNWIND

After school,
provide time for a
snack, relaxation
and connection.



HELP WITH WORRIES

It's normal for
children to feel
excited or nervous
about going back
to school.

- ✓ Listen without judgement
- ✓ Acknowledge their feelings
- ✓ Reassure them that their teachers are there to help
- ✓ Focus on what they can do and what will stay the same



If worries feel big
or last a long time,
please speak to
your school.

SCHOOL IS ABOUT MORE THAN LEARNING



MAKE
FRIENDS



FEEL A SENSE
OF BELONGING



BUILD
CONFIDENCE



DEVELOP
INDEPENDENCE



BUILD RESILIENCE
FOR THE FUTURE



EVERY DAY COUNTS

Going to school every day helps children learn,
build friendships and reach their full potential.

GOOD ATTENDANCE =

- ✓ Better learning
- ✓ Stronger friendships
- ✓ More confidence
- ✓ Greater independence
- ✓ Better future opportunities



TOGETHER WE CAN HELP CHILDREN
FEEL **HAPPY**, **CONFIDENT** AND **READY TO THRIVE**.

Let's
make it a
great year!

Online Safety Newsletter

Sept 2026

Childline under 12s site

Childline have a separate area on their website for under 12s. The pages are written for primary school children. The area includes a section full of games and a Buddy Zone with tips, such as how to speak to a trusted adult and information on where to get extra support from.

You can access this area here:
<https://www.childline.org.uk/get-support/u12-landing/>

How to manage parental controls for different ages?

Internet Matters asked online experts, Karl Hopwood and Richard Waite to share their advice on how to manage parental controls for different ages. Find out more here:

<https://www.internetmatters.org/hub/question/managing-parental-controls-for-different-ages/>

Would you like to read this newsletter in a different language? You can use the translation tool on our web version:
<https://www.knowsleycitycs.org.uk/september-2026-primary/>

New guidance issued due to concern of AI-manipulated images

Photos of children that seem completely innocent can be manipulated using artificial intelligence (AI) to create sexualised or abusive images. There is a growing threat that children's images shared online are being manipulated by criminals into AI generated sexual abuse material. As concerns grow, the Internet Watch Foundation (IWF) and the National Crime Agency (NCA) have issued new guidance to help you understand the risks around AI image manipulation and advice on how to speak to your child about AI and image consent.



The IWF states that child sexual abuse images or videos created or altered using AI may include:

Everyday images of a child or young person that are manipulated into child sexual abuse imagery, including images taken from social media, websites or messaging apps, that are manipulated into sexualised or abusive imagery. These are sometimes known as 'deepfakes'.

Images or videos that look like a real child but are completely artificial.

AI technology that digitally removes clothing from existing images to create nude or semi-nude images, sometimes known as 'nudifying'.

[source: IWF <https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/> accessed 25.08.26]

What can I do?

The guidance provides practical advice about sharing photographs of your child online. Some useful things to consider are:

Think before you share photographs online. The IWF suggest creating a 'close friends' group to share images.

Check and adjust your privacy settings on all social media accounts.

Understand the steps to take if you or your child has any concerns and the organisations you can contact.

Where can I find the new guidance?

The full guidance can be accessed at the link below. It also includes a video highlighting how everyday photos can be misused using AI tools.

<https://www.iwf.org.uk/resources/ai-child-abuse-imagery-parent-guide/>

You can find the full press release/announcement here:

<https://www.nationalcrimeagency.gov.uk/news/new-guidance-for-parents-and-carers-as-ai-manipulated-images-of-children-become-a-growing-concern>

YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc. **YouTube is intended for users over the age of 13**, however, younger children can still access YouTube with consent from a parent/guardian. There are different options available to access YouTube, depending on your child's age:



1. YouTube Kids – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

2. Supervised accounts – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

Explore—Generally for viewers aged 9+.

Explore more—Generally for viewers aged 13+.

Most of YouTube—This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

Inappropriate content

Excessive screen time—particularly due to the autoplay feature.

Unwanted contact/cyberbullying—particularly via comments if your child is sharing videos.

Algorithms—algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.

Adverts that may not be aimed at or suitable for your child's age.

What can I do?

- ☐ Set up appropriate parental controls.
- ☐ Show your child the reporting and blocking tools available.
- ☐ Watch YouTube together or supervise use.

Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.09.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

A guide for parents and carers on managing children's digital lives

The Children's Commissioner has published this guide to help you support your child and make starting conversations about their online world easier. It's a useful read:

<https://assets.childrenscommissioner.gov.uk/wpuploads/2025/12/cc-what-i-wish-parent-guide.pdf>

Nex Playground

Nex Playground is a new video game console, which features games to get kids active. The games have no ads, no violence and no chat features, however it does rely on purchasing either a yearly or quarterly game subscription. You can find out more here:

<https://www.nexplayground.com/en-gb>

Online Safety Quiz

The NSPCC have created this quiz to test your child's knowledge on how to stay safe online. It's a great way to start a conversation with your child about their online life. You can access the quiz here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/quiz/>

WhatsApp Usernames

WhatsApp is introducing the use of usernames, so people no longer have to share their phone number. Wayne Denner provides an overview of the new features, what you need to consider and steps you can take here: <https://www.waynedenner.com/whatsapp-usernames-what-parents-need-to-know/>



September Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

AUTUMN TERM

SEND MEET & CHAT

FAMILY DROP-IN

Hosted by Shropshire Early Help



Do you care for a child or young person with Special Educational Needs and Disabilities (SEND)?

These sessions are open to anyone supporting a child with SEND — whether you're a parent carer, family member, or professional.

Come along to ask questions, get practical advice, and connect with professionals who understand your journey

Speak with experts in:

-  EHCPs
-  School support
-  Health and wellbeing
-  Social care
-  Mental health
-  Navigating SEND challenges

Each session will have different professionals available, so come along, have a chat, and find the help you need.

LUDLOW - HELENA LANE COMMUNITY CENTRE

Tuesday 8th September 2026
10:00am-12:00pm

Helena Lane Community Centre,
20 Hamlet Rd,
Ludlow, SY8 2NP

SHREWSBURY THE LANTERN

Wednesday 7th October 2026
13:00pm-15:00pm

The Lantern,
Meadow Farm drive, Shrewsbury,
SY1 4NG

MARKET DRAYTON RAVEN HOUSE

Tuesday 17th November 2026
13:00pm-15:00pm

Raven House, 129 Cheshire Street,
Market Drayton,
TF9 3AH

OSWESTRY LIBRARY

Thursday 3rd December 2026
13:00pm-15:00pm

Oswestry Library,
Arthur Street, Oswestry,
SY11 1JN



HAVE YOUR SAY!

Scan the QR code to suggest topics and activities for future drop-in sessions.



Do you have any concerns about your child's well-being?

Would you like support with your child's attendance?

If you, your child or family would benefit from extra support with your well-being, or if you are worried about a difficult situation in your family you can contact us for support.

Julie Owen – Pastoral Lead

J.Owen@bishopscastle.dhmat.org.uk

Or via

admin@bishopscastle.dhmat.org.uk

You might also benefit from Early Help.

What is Early Help?

Families might access Early Help for a variety of reasons, including concerns about a child's behaviour, difficulties at school, family relationship challenges, mental health worries, or changes in family circumstances such as bereavement or separation.

Early Help is not just for when things go wrong - it's there to provide guidance and support before small issues become bigger problems. Seeking Early Help is a positive step, showing a family's commitment to working together with professionals to find practical solutions and support their child's wellbeing and development.

The type of things Early Help can support with include:

- Concerns about child's health, development or behaviour
- How a child is doing at school
- Housing or financial concerns
- Children who may be affected by domestic abuse, drugs, alcohol, ill health or crime

