

What's On Flyer

Monday 6th July - Friday 10th July 2026



Friday Music Lesson

Larch Class parents are invited to join us at 9:15am on Friday (10th) to watch a live music lesson. This is a great opportunity for you to come and see (and hear) what your child has been learning this term.

No Clubs this week

As we have a busy week with lots of additional events coming up, and potentially another spell of hot weather, we have taken the decision to cancel all after school activity and sports clubs this week, with the exception of Craft Club on Thursday. We apologise for any inconvenience that this may cause.

Mrs Taylor's Retirement

As some of you may already be aware, we will be saying goodbye to Mrs Taylor at the end of this term as she is retiring. We have greatly appreciated everything that Mrs Taylor has brought to our school community over the past years and as we celebrate this milestone with her we plan to present her with a gift. We invite any parents who might like to contribute to this, to do so by contacting the school office team, Mrs Freeman or Mrs Kilby.

Forest School

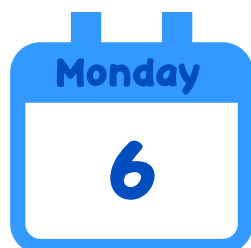
Cherry and Willow class are looking forward to enjoying a Forest School session on Tuesday, but due to the warmer weather that is forecast, we ask that children come to school wearing their PE kit with a long sleeve top and trousers in their bag to change into before the session. We don't think that wellies will be necessary and so children are welcome to wear their normal PE trainers.

Suncream

Please do remember to apply suncream to your child before they come to school each day. Additional suncream should also be brought to school in your child's bag, so that they independently reapply it when directed to by teachers. Please also remember sun hats and water bottles each day. Thank you.

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- Larch Class trip to Berrington Hall
- Dress rehearsal for Redwood performance
- Teddy Bear's picnic for Nursery, Cherry Class and new Yr R
- No after school sports and activity clubs



- Tuneful Tots at 9:30am - contact the school office for more details
- Healthy Tuckshop - remember your 50p
- Rounders tournament at Weobley for select Yr 4 pupils
- Cherry & Willow Forest School - come to school wearing PE kit with long sleeve top and trousers ready to put on later in the day.
- Redwood Class Performances of Robin and the Sherwood Hoodies - 1:40pm and 6:00pm
- No after school sports and activity clubs



- Willow Class trip to Ludlow Castle
- Cherry Class PE lesson - come to school wearing your PE kit
- School Nurses at school to talk to Yr 6 pupils
- No after school sports and activity clubs



- Fun sports afternoon - all children to come to school wearing their correct PE kit uniform
- No after school sports and activity clubs, except for...
- Craft Club for Yr 3, 4, 5 & 6 pupils who have signed up



- Yr 6 Leavers Trip - leaving school at 7:20am
- Larch parents and carers invited to join our Music Lesson at 9:15am
- Snack Shack - remember your 50p
- Ice Cream Friday! - now accepting cash or card payments

Upcoming dates for your diary:

Fri 17th July

Last Day of Term

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Well Done to the Stars and Child of the week who were:

Cherry Class

Star Writer: - **Dora**
Child of the Week: - **Alilah**

Willow Class

Star Writer: - **Teddy**
Star Mathematician: - **Gracie**
Child of the Week: - **Cairo**

Larch Class

Star Writer: - **Holly**
Star Mathematician: - **Zoey**
Child of the Week: - **Pola**

Redwood Class

Child of the Week: - **Children who attended the Summer Games and represented the school so well**

Guide to managing children's screen time

internet
matters.org

Effect on behaviour
Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens

Effect on the brain
Screens can have a drug-like effect on the children's brains which can make them more anxious
It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

Effect on sleep
Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

What are the benefits?

- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

10 tips to get in control with your child's screen time

1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

Summer at Luston 2026

--- May ---

Wed 6th May
Fri 8th May
Mon 11th May
Mon 18th May

Willow Cultural Enrichment trip to the Zoo
Celebrating David Attenborough's 100th Birthday
Willow *Draw with Me* session *
School Cricket Day with Team Activities

--- June ---

Tue 2nd June
Mon 8th June
Tue 9th June
Tue 16th June
Thu 18th June
Fri 19th June
Wed 24th June

Larch *Read with Me* session *
Cherry Cultural Enrichment trip to Hampton Gardens
Vikings at the Priory trip
Cherry *Sing with Me* session *
KS2 Anglo Saxon evening performance at the Priory
Sports Day from 1:15pm *
Larch trip to Ludlow Castle

--- July ---

Tue 7th July
Fri 10th July
Thu 16th July

Fri 17th July

Redwood Performance
Yr 6 Leavers Trip
Nursery Craft, Cake & Celebration *
Yr 6 Leavers Assembly *
Ice Cream van after school*
Last day of school

*Parents / Carers invited to join us at afternoon events marked with **

SUMMER

WELLBEING CHALLENGE

Fun ideas for children and families over the summer holidays!

The summer holidays are a wonderful time to relax, recharge and make happy memories together. Small moments spent talking, playing and exploring can make a big difference to everyone's wellbeing.



Why not see how many of these activities your family can complete?



GET MOVING

- ☐ Go for a family walk and spot five different things in nature.
- ☐ Play in the park.
- ☐ Ride a bike or scooter.
- ☐ Dance to your favourite songs.
- ☐ Try a new sport or outdoor game.



FEEL GOOD

- ☐ Share three things you are grateful for today.
- ☐ Read a book together.
- ☐ Draw, paint or make something creative.
- ☐ Listen to your favourite music.
- ☐ Practise taking five slow, calming breaths.



BE KIND

- ☐ Help with a job at home.
- ☐ Write or draw a card for someone special.
- ☐ Smile and say hello to a neighbour.
- ☐ Compliment someone in your family.
- ☐ Share a toy or game.



EXPLORE NATURE

- ☐ Have a picnic outdoors.
- ☐ Look for butterflies, bees or birds.
- ☐ Grow a flower, herb or vegetable.
- ☐ Watch a sunset.
- ☐ Collect interesting leaves, stones or shells.



FAMILY TIME

- ☐ Eat a meal together without screens.
- ☐ Play a board game.
- ☐ Cook or bake together.
- ☐ Build a den.
- ☐ Share your favourite part of the day before bedtime.



HEALTHY HABITS

- ☐ Drink plenty of water.
- ☐ Wear sunscreen and a hat on sunny days.
- ☐ Try lots of colourful fruit and vegetables.
- ☐ Keep a regular bedtime routine where possible.
- ☐ Remember it's okay to rest and have quiet time too.



SUMMER REFLECTION

At the end of the holidays, talk together about:

- ★ What made you smile the most?
- ★ What new thing did you try?
- ★ Who helped you feel happy?
- ★ What are you looking forward to when school starts again?



REMEMBER...

Wellbeing doesn't have to involve expensive days out. Spending time together, being active, getting outside, talking, laughing and resting are some of the best ways to look after ourselves.



We hope you all have a safe, happy and relaxing summer.
We look forward to welcoming everyone back in the new school year!



TAKE CARE, STAY SAFE AND HAVE FUN!

