



# Lilleshall School Newsletter



**Year R** We have had a lovely half term so far. We have learned how to write instructions so we can help Jasper the cat learn how to plant seeds correctly. We have also created a beanstalk den by planting bean seeds and using canes for the beanstalks to grow up. We are excited to see how this develops! The children have weeded and planted vegetables and flowers in our outside area too. We are now story telling about Jasper meeting a giant and we have been thinking about stories with happy, sad or scary endings. The children have enjoyed planning their stories and now will try and write them.



**Years 1 & 2** have come back ready and enthusiastic for the summer term. The children had a lot of fun completing the house they had designed and built in Design Technology. We completed our Great Fire of London topic by having a 'Pass the Bucket Challenge' as if we were passing water from the Thames down the line to put out the Great Fire. We all agreed how exhausting it was, that was 5 minutes in the fresh air, without the heat and smoke from the Great Fire, not to mention the fear people would have felt as well.

We are now looking forward to our new theme of 'Oh I Do Like To Be Beside The Seaside' and the children have already started creating some beautiful artwork in the design of Susie Grindey, a well known seaside artist.



**Year 3** have made a great start to the new term and we are very excited about our new themes we will be looking at over the next few weeks. We particularly enjoyed our Geography where we are starting our theme of 'Extreme Earth' and found out how volcanoes are formed and where to find some examples on a world map. It was amazing to watch some video footage of real volcanic eruptions. We then had a go at making our own volcanic eruption using a mixture of water, baking soda and vinegar. It was a great success, and the children found it very amusing, especially when Mrs Lee got covered in vinegar during the eruption!



**Year 4** enjoyed a brilliant visit to Chetwynd Deer Park, where we explored the natural world as spring began to unfold around us. The children took part in pond dipping, discovering the fascinating creatures living beneath the water's surface. One group even managed to find a baby pike, something that hasn't been spotted there in eight years! They also had great fun investigating mystery items in sensory boxes before heading off on a bug hunt to uncover the many insects that share our local environment. These hands-on experiences helped deepen their understanding of our current science unit, particularly how organisms live, grow and can be classified. It was a brilliant opportunity to bring classroom learning to life outdoors.

**Year 5** The whole class thoroughly enjoyed the Bookfest Awards ceremony at Shrewsbury. It was a fabulous opportunity to meet the authors of the books that we have been reading and the children loved being able to chat with them and ask them for their autographs! For many of the children, this was the first event of this type that they had attended and they were inspired by the authors and illustrators that were there. The whole project has been a positive experience which has helped to boost the love of books and reading.



**Year 6** We had a lovely time at the Bookfest Awards ceremony at Shrewsbury. The children have clearly enjoyed the project and demonstrated their love for reading. At the ceremony, we had the opportunity to meet the authors of the books that we have been reading. Congratulations to our in-school competition winners: Henry for the poetry writing and Nyah for the letter writing and art categories. Thank you to everybody for your continued support in the run up to the SAT tests. The children are prepared and can approach the tests with confidence.



## Celebrating Success

**Year R** – Archie Williams,  
Willow Blakemore

**Year 1** - Alexander Rowley ,  
Theodore Davies, Harlow Meredith

**Year 2** - All of Year 2 for The Big Sing and  
Ivy Huelin

**Year 3** – Albie Leach

**Year 4** – Natalie Delamere and Pippa Jones

**Year 5** - Ella Davies

**Year 6** – Cerys Chandler, Rose Warren



## Sports

A massive congratulations to our Year 5/6 boys football team who made it through to the small schools finals at the Seah Stadium in May after beating Highley in the semi-finals! You all should be incredibly proud!



## Extra Curricular Sporting Achievements



Enzo on Year 3 climbed Ben Nevis in poor weather conditions including snow and fog!. It took 6 hours to get up and 4 hours to get back down so a 10 hour round trip!!!

He had a moment of despair when we started sliding back down the mountain snow/ice, but he stayed strong and didn't give up with some supportive words and a little push from Mummy. Well done Enzo.



Hudson in Year 1 has been continuing to excel in BMX. He has now been selected to ride in National competitions. Well done Hudson.



Two of our Year 1 girls competed at a dance competition in Blackpool this month and came away with this fabulous trophy! Well done girls.

## **Headteachers Comment**

Dear Parents,

As we move through the summer term, I wanted to share some wonderful news and important updates from across the school.

Our pupils had a fantastic time at BookFest this year and we are incredibly proud to share that we won two awards. The children represented the school beautifully, and their enthusiasm for reading is wonderful. Year 4 enjoyed a brilliant visit to the Deer Park last week. The weather was kind to us, and the children were able to explore, learn and enjoy the outdoors. Staff commented on how engaged and well-mannered the pupils were throughout the day.

Our Year 2 children took part in pedestrian training, and the trainer was full of praise, describing the children as “fabulous”. They listened carefully, followed instructions and showed great awareness.

This is also an important moment to remind all families about considerate parking and road safety around school. Many of you know how passionate I am about this. My own brother died in a road accident on his way home from school, and I never want any family in our community to experience such a loss. Please continue to park safely, avoid blocking pavements and crossings, and take extra care during busy drop-off and pick-up times.

SATs are just around the corner for our Year 6 pupils, and they are doing fantastically well. Their determination, resilience and positive attitude have been inspiring. We are incredibly proud of them and know they will give their very best.

## **Christobel Cousins Headteacher**

### **Governors Corner - April**

Governors commenced our summer term with our Strategic meeting, enabling us to plan our individual governance visits to school so we are able to fulfil our core strategic functions. At this meeting we welcomed Mr Jev Bhalla as a new governor to our board. Mr Bhalla has lived in Lilleshall for many years and the experience he has from his education background will be most welcome.

This month we have had governor activity supporting the Year Four visit to the local Chetwynd Deer Park where children got to explore the Park’s wide variety of insect and pond life while enjoying a sunny morning learning outside. Such out of school activities have good cross curricula links and help embed learning. As usual, pupil behaviour was exemplary.

## **Christine A Raper Chair of Governors**

### **Fundraising Update**

We raised a huge £851 on our Easter events!

Well done to everyone who took part in the family orienteering event, our fastest teams were led by;

Year 6 - Brody  
Year 4 and R - Iris ,Dawsey  
Year 1- Hettie



# Bookfest Shropshire

Our Year 5 and 6 Pupils went to the Shropshire Bookfest Awards Ceremony this month. They really enjoyed meeting the Authors of the books they have been reading!  
A huge well done to Nyah and Henry for winning awards for their poetry, illustrations and letter writing.



### Dates for your diary:

Tuesday 5th May - Helping Hands Workshop—Year 5  
Monday 11th May—Friday 15th May—Year 6 SAT's Week  
Friday 15th May - Summer Disco  
Monday 18th May—Year 3 and 4 Twycross Zoo  
Monday 18th—22nd May - Walk to School Week  
Thursday 21st May—Year 6 Alton Towers Trip  
Friday 22nd May—Coffee and Cake Picnic  
Tuesday 2nd June —Friday 5th June—Year 4 Multiplication Checks  
Tuesday 2nd June—Year 5 Photography Workshop  
Friday 5th June—Grandparent's Tea  
Monday 8th June—Friday 12th June—Year 1 Phonics Screening  
Wednesday 10th June—Class Photographs and Year 6 Leavers Photographs  
Monday 15th June—Friday 19th June—Sports Week  
Wednesday 17th June—Sports Day  
Thursday 18th June—Bikeability Year R and Year 1  
Monday 22nd June—Thursday 25th June—Bikeability Year 6  
Thursday 25th June—Year 1 & 2 Llandudno Trip  
Thursday 2nd July—Year 6 Transitions Workshop  
Monday 6th July and Tuesday 7th July—Burton Borough School Transitions Days  
Friday 10th July— School Reports Out  
Tuesday 14th July—Year 5 and Year 6 Production ( Year 5 Parents Only)  
Wednesday 15th July - Year 5 and Year 6 Production ( Year 6 Parents Only)


Please note, dates and times can be changed and added to throughout the year. Updated versions of this section will be on each months Newsletter.

The Book Fair will be coming to school in May, details will be released shortly.



# YOUR TIPS FOR A HEALTHIER SCREEN TIME

'How much is too much screen time for children?'

	Birth to 5 years	6 to 10 years	11 to 17 years																												
Waking up	 <p>No screen time between birth - 24 months</p>	 <p>Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day</p>																													
Hours per day	 <p>2 - 5 year olds no more than 30 mins/day</p> <p>No screen time between birth - 24 months</p>	<table border="1"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td colspan="6">Not more than 1-2 hrs/day</td><td>Up to 2 hrs/day</td></tr> </table> <p>'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'</p>	M	T	W	T	F	S	S	Not more than 1-2 hrs/day						Up to 2 hrs/day	<table border="1"> <tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr> <tr><td colspan="5">Up to 2 hrs/day</td><td colspan="2">Up to 2-3 hrs/day</td></tr> </table>	M	T	W	T	F	S	S	Up to 2 hrs/day					Up to 2-3 hrs/day	
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Leisure	 <p>Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle</p>	 <p>Keep active</p> <p>'Encourage physical activity, ideally outside, for 1-2 hours'</p>	 <p>Stay active. More green time, less screen time</p> <p>'Try and ensure screen-free time together'</p>																												
Sleep Hygiene	 <p>'Bedtime stories are the best and healthiest way to settle your child'</p> <p>Under 5s should not use a screen at least 2 hours before bedtime</p>	 <p>'Buy an alarm clock so that screens are not in the bedroom'</p> <p>No screens at least 1 hour before bedtime</p>																													

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME

# HELPING YOUR CHILD THRIVE IN THE EARLY YEARS



## BY REDUCING SCREEN TIME

### You are not to blame

Phones and tablets are everywhere, and they are designed to grab attention. But did you know that too much screen time - for both parents and children - can make it harder for little ones to develop key skills they need to **grow, learn, and connect**?

### Too much screen time can:

- 1 Delay speech and communication**  
Young children learn to talk by hearing real voices and taking part in conversations. Screens often reduce these important moments of connection.
- 2 Make it harder to handle emotions**  
If screens are used often to calm a child down, they may miss out on learning how to cope with frustration, boredom or big feelings in other ways.
- 3 Impact feeding**  
Screen use during feeding can make it harder for babies to connect with their parents and for their needs to be noticed. It can also affect how children learn to try new foods and recognise when they're hungry or full.
- 4 Reduce active play**  
Children need to move, use their hands, and explore. Long periods of screen time can limit this, affecting coordination, strength and posture.
- 5 Impact focus and attention**  
Fast-moving videos can make it harder for children to focus on slower, real-life tasks, such as playing, reading, or listening.

### Why this matters

In the first five years, your child's brain is growing faster than it ever will again. These years lay the foundation for how they think, move, talk, and build relationships, which are important for being ready for school.

### What can help:

#### You do not need to do it all at once

Small steps matter. This isn't about guilt, it's about giving your child the best chance to grow and thrive. What your child needs most is you: **your attention, your voice, your time.**

- 1 Make time for screen-free activities** like play, outdoor time, or reading.
- 2 Keep screens off** during mealtimes and before bed.
- 3 Watch or play alongside** your child when screens are used - this helps support learning.
- 4 Keep screens out of bedrooms** overnight - yours too, if possible.
- 5 Be a role model** - children copy how adults use phones and tablets.



HEALTH PROFESSIONALS FOR SAFER SCREENS



VISIT HPPSS

This leaflet has been developed by experts at Health Professionals for Safer Screens, led by Dr Kelly Brown, Consultant Neonatologist and Olivia Dann, Paediatric Speech and Language Therapist.

# Concerned about exposure to harmful content



## 6 practical things to do as a family:

1.

### Talk about the difference between supportive content and content that quietly harms



Some posts sound caring but still push unhealthy thinking. Help your child notice how content leaves them feeling, whether that's calmer and understood or more worried or stuck.

2.

### Help them understand why content appears



Explain that algorithms show more of what we have already seen, without checking if it is healthy. This means harmful posts can keep appearing. Noticing this pattern helps disrupt its impact and reminds them it is not their fault.

3.

### Talk about how online content can mirror offline feelings



Explain that some harmful content can feel relatable because it mirrors feelings we already have. Let them know support is available and that strong feelings do not have to last. Encourage them to pause if something makes them feel low and remind them they can come to you or use helplines like **Childline (0800 11 11)** or **Shout (85258)**. They deserve support and do not have to face hard feelings alone.

4.

### Explore safety tools together and practise simple steps for handling upsetting content



Show your child how to report or block content and users by using the tools in the app, often found under the three dots. Knowing how these work helps them feel more confident if something unsafe appears. For younger children, keep it simple by practising steps like stop watching, put the device down and come and get you so they remember what to do in the moment.

5.

### Encourage them to review who and what they follow



Support them to unfollow or mute accounts that make them feel low or less worthy. Remind them that whilst this can sometimes feel validating to see others feeling the same way it doesn't help to move past these feelings.

6.

### Help them find age appropriate, healthy content



Focus on what your child can follow, watch and enjoy. Supporting them to choose content that makes them feel interested, relaxed or inspired can shape their online experience more positively than only focusing on what to avoid.

## Spotting harmful content:

1

Content that leaves someone feeling heavy, low or distressed

2

Content that discourages getting help or talking to trusted people

3

Content that encourages self harm or suicide

4

Content that promotes eating disorders

5

Content that is violent, hateful, bullying or illegal, including child sexual abuse material, terrorist content or material that encourages violence

Share our 'safe scrolling' resource with your child to help them spot harmful content and know how to respond.

## If your child spots these on their feed encourage them to...

### MUTE IT ▶

They can mute posts and accounts that they want to take a break from.

### UNFOLLOW IT ▶

They can unfollow accounts they have noticed are having a negative impact on them.

### REPORT IT ▶

They can report content to the platform that they think is harmful to others.

### REACH OUT FOR SUPPORT ▶

If you're worried about a child's safety or wellbeing call: **NSPCC Helpline** on **0808 800 5000** or **Young Minds Parent Helpline** on **0808 802 5544**. You can also visit the 'Get Support' pages on our website for more advice: [mollyrosefoundation.org](http://mollyrosefoundation.org)

**SUNFLOWER**



Lingen**Davies**  
Cancer Support

# SPRINT

*or saunter!*



**SUNDAY,  
17<sup>TH</sup> MAY**

**5KM  
COLOUR  
RUN**

JOIN IN THE FUN AND HELP BRING CANCER SERVICES TO TELFORD!

📍 **TELFORD TOWN PARK**

**ADULTS £19 | CHILDREN £9.50 (12 and under)**

TICKETS INCLUDE: T-shirt, sunglasses, Medal



[LINGENDAVIES.CO.UK/EVENTS/SUNFLOWERSPRINT](http://LINGENDAVIES.CO.UK/EVENTS/SUNFLOWERSPRINT)

REGISTERED CHARITY NO.1160922



**TELFORD**  
COLLEGE

# Community Day

**Saturday  
June 6th**  
10am – 2pm



**FREE** family-friendly  
event to celebrate the  
local community



Wellington Campus,  
Haybridge Road, TF1 2NP  
**FREE PARKING**



REFRESHMENTS • SOCIAL SPACES • COMMUNITY STALLS

This is a free event but please scan the QR code to register your attendance or visit [www.telfordcollege.ac.uk/events](http://www.telfordcollege.ac.uk/events)

**Saturday  
June 6th  
10am - 2pm**

# What's happening on the day?

Visitors of all ages can enjoy a wide range of hands-on activities, demonstrations, and experiences, including:



## **Family-friendly activities**

suitable for children and young people such as our bouncy castle and church fete stands

**Live performances** showcasing student skills and projects

**Interactive workshops** delivered by our education team

**Community stalls** from local charities and groups

**Refreshments, food and social spaces** to relax and enjoy the day



**EDUCATING  
KIDS OUTDOORS**



Ages  
**6-13**

## **May Half Term Holiday Club**

**BOOK NOW**

Tuesday 26<sup>th</sup> to Thursday 28<sup>th</sup> May 2026

Sessions 10:30am - 4:00pm, £38

Early Drop Off 9:00am - 4:00pm, £44

If you're new to EKO we are all about having fun outdoors whatever the weather. We might be bug hunting or plant spotting or den building or creating natural art, the list is endless and there will always be something new to try.

We are based at Weston Park and have our own dedicated EKO Outdoor Learning Site and Orchard Hive Classroom as well as use of the extensive grounds.



**EKO at Weston Park, Weston-under-Lizard, Shifnal, TF11 8LE**

Educating Kids Outdoors Ltd, registered charity in England and Wales (1191685)  
A company limited by guarantee, registered in England and Wales company number 12114074  
Registered office: Astol Farmhouse, Norton, Shifnal, Shropshire TF11 9EW



# SUMMER RUGBY 26

## TOUCHLINE CAMP

### DATES

21st, 22nd, 23rd & 24th JULY

### LOCATION

TELFORD HORNETS RFC

### AGES

U6-U11 MIXED U12, U13, U14, U15 BOYS  
U12, U14, U16 GIRLS

**TOUCHLINE**   
SPORTS COACHING LTD

For More Information & Booking:  
[www.touchlinesportscoaching.com](http://www.touchlinesportscoaching.com)

