

Thriplow C of E Primary School

Newsletter: 7th March 2025



We've so enjoyed the sunny weather this week. A few visitors to school this week have said how beautiful the school is looking and so it seems a good time to say a huge thank you to those who work hard to keep our flowerbeds at the front of the school looking so lovely and do other jobs around the grounds, from painting to clearing drains!

The children attending the film night at the end of last week had a wonderful time! A big thank you to Steph Nunn and her team for their hard work. The PTA raised £385 which is fantastic!

Many thanks to the PTA core committee for hosting the PTA meeting this morning. Plans for Daffodil Weekend are well underway, with just a couple of slots to fill on the tearoom rota. Do look out for the minutes from the meeting on the website later.

We thoroughly enjoyed World Book Day yesterday. The children's imaginative costumes were incredible and I was so impressed by the range of adjectives represented. There are some photos to look at further down.

We are very proud of Elias (Reception) and Zanna (Year 3) who have completed the 20 books reading challenge. Please let us know when your child completes the challenge so that we can celebrate with them.

I hope that those of you who were able to attend the phonics workshop on Tuesday found it informative. If you were not able to attend, please take time to look at the resources in the follow-up email as these will be invaluable in helping your child progress with their phonics.

The Year 5/6 Boys' Football team went to Babraham School on Tuesday for a friendly match. They played so well and won 5-1. Not only did they play well, but their attitude and commitment were exemplary. Many thanks to the parents who organised the logistics of getting the team there in cars, and a special thank you to Nick Rushbrook for coaching the team.

Have a wonderful weekend!

Best Wishes,

Lucy How



<https://www.facebook.com/thriplowschool/>



<https://x.com/thriplowschool>



In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven. *Matthew 5:16*

You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with kindness. *Colossians 3:12*

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Useful dates

10 th March	Netball tournament
12 th March	Dragonflies trip to Duxford
19 th March	Ten Pin team to Norwich
21 st March	Science Workshop (All children)
21 st March	No Celebration Collective Worship
21 st March	Non-uniform day in exchange for cake! Please bring cake donations to be sold at Daffodil Weekend in the tearoom. Donations to be brought to the office.
22 nd – 23 rd March	Daffodil Weekend – see information in newsletter
27 th March	KS1 trip to St George's church
4 th April	Church service. 2.30pm. All welcome.
30 th April	PTA meeting 8pm on Zoom
1 st May	Holy Communion in school hall. 9.15. All welcome
8 th May	Year 3/4 tennis festival
Week Beginning 12 th May	SATs week (year 6)
19 th – 23 rd May	Year 5/6 trip to the Isle of Wight
5 th June	Holy Communion in school hall. 9.15. All welcome
5 th June	Quadkids
6 th June	Class Photos
10 th June	PTA meeting 8pm on Zoom
1 st July	Year 3/4 cricket tournament
17 th July	Transition morning
23 rd July	Leavers' Service For parents of Year 6 children leaving the school

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Term Dates 2024/2025

Spring Term

End of Term	Friday 4 th April
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Summer Term

<i>INSET Day</i>	<i>Tuesday 22nd April</i>
Start of Term	Wednesday 23 rd April
<i>Bank Holiday</i>	<i>Monday 5th May</i>
Half Term	Monday 26 th May – Friday 30 th May
<i>INSET Day</i>	<i>Monday 2nd June</i>
End of Term	Wednesday 23 rd July

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Term Dates 2025/2026

Autumn Term	
<i>INSET Day</i>	<i>Monday 1st September</i>
Start of Term	Tuesday 2 nd September
<i>INSET Day</i>	<i>Friday 24th October</i>
Half Term	Monday 27 th October – Friday 31 st October
End of Term	Friday 19 th December

Spring Term	
Start of Term	Monday 5 th January
<i>INSET Day</i>	<i>Friday 13th February</i>
Half Term	Monday 16 th February – Friday 20 th February
End of Term	Friday 27 th March

Summer Term	
Start of Term	Monday 13 th April
<i>Bank Holiday</i>	<i>Monday 4th May</i>
Half Term	Monday 25 th May – Friday 29 th May
<i>INSET Day</i>	<i>Monday 1st June</i>
End of Term	Friday 17 th July
<i>INSET Day</i>	<i>Monday 20th July</i>

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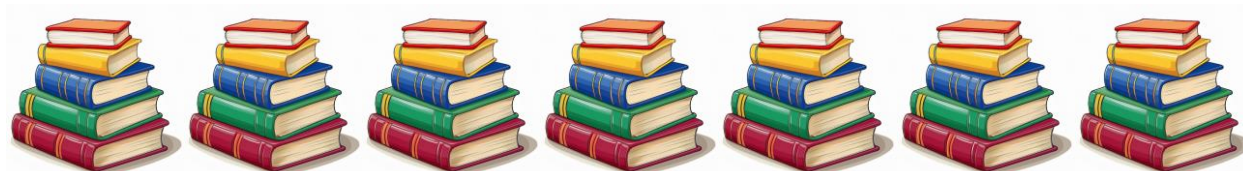


Happy Birthday to **Leo B** and **Oliver** who have celebrated their birthdays this week!



We have updated our Amazon Wishlist. Please follow this link if you'd like to donate a birthday book.

<https://amzn.eu/ez2OYOf>



The Messy Church team would like to invite children and their parents/carers to this month's Messy Church on:

Wednesday 12th March
from 3:15pm onwards
at St Mary's Church

This month's session is all about Spring



There will be lots of craft activities to enjoy and refreshments for all, we look forward to seeing you there.

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Many thanks to Oliver
for donating this book
on the occasion of his
6th birthday!

Many thanks to Leo for
donating this book on
the occasion of his 11th
birthday!



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Messages from the PTA

Messages from the PTA for the newsletter

Team needed to research Solar Panel Grant options

Would you like to help the PTA from the comfort of your own home?

We are looking for a group of parents who might be interested in researching potential grants for solar panels at the school. If you think you might be able to offer some time to help with this, please do get in touch.

PTA Donations

Some families have made a request to be able to make sporadic (or regular!) donations to the PTA. Should you wish to donate, please use the QR code to link to a donations page. As ever, thank you for your support!



Daffodil Weekend

Thank you so much to all those that have signed up! Almost all slots on Saturday are now filled, but we do still have a few gaps on Sunday especially 1-4pm. If you can spare an hour, please do sign up! Thank you!

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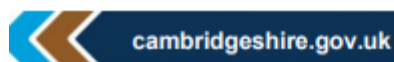
Education Inclusion Family Advisor Team Countywide Online Workshop Offer

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues.

Please ensure you book onto each workshop individually by clicking on the link or scanning the QR code and completing the registration form.

Supporting Your Child with Feelings of Worry	Tuesday 25 February 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/ab5bY or	
Supporting Your Child with Sleep	Thursday 27 February 2025, 18:00-19:00	Book onto this workshop at: https://shorturl.at/AVGr9 or	
Supporting Your Child with Feelings of Anger	Tuesday 4 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/aQqLk or	
Digital Safety	Thursday 13 March 2025, 18:00-19:00	Book onto this workshop at: https://shorturl.at/fY6Ch or	
Sibling Rivalry	Tuesday 18 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/9PY5l or	
Understanding and Responding to Behaviours that Challenge	Thursday 27 March 2025, 12:00-13:30	Book onto this workshop at: https://shorturl.at/1wMZA or	
Family Wellbeing	Tuesday 1 April 2025, 12:00-13:00	Book onto this workshop at: https://shorturl.at/08np3 or	

If you have any questions about our workshops, or the EIFA service in general, please contact earlyintervention@cambridgeshire.gov.uk



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EIFA Virtual Drop in

Please join me for a virtual drop in for all parents. I can offer support and advice with parenting strategies, boundaries, consequences, challenging behaviour, emotional wellbeing, routines, advice around sleep, digital safety, parental wellbeing, also any other family challenges that you may be facing.

Virtual drop in dates

Thursday 27th February 2025 10-12

Wednesday 19th March 2025 1-3

Tuesday 22nd April 2025 12-2

Thursday 15th May 2025 10-12

Wednesday 4th June 2025 1-3

Tuesday 24th June 2025 12-2

Thursday 17th July 10-12

Please email me to book your timed and confidential slot.

Sarah.dilley@cambridgeshire.gov.uk

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Safeguarding at Thriplow

Lucy How and Melissa Hardege are the designated safeguarding leads at Thriplow School.

If you have a concern about a child, please come and speak to or email either of us. Alternatively please speak to any member of staff who will be able to pass on information.

If you feel that a child is at immediate risk of harm you can access further advice and guidance here.

<https://www.cambridgeshire.gov.uk/residents/children-and-families/children-s-social-care/safeguarding-children-and-child-protection>

HOUSE POINTS

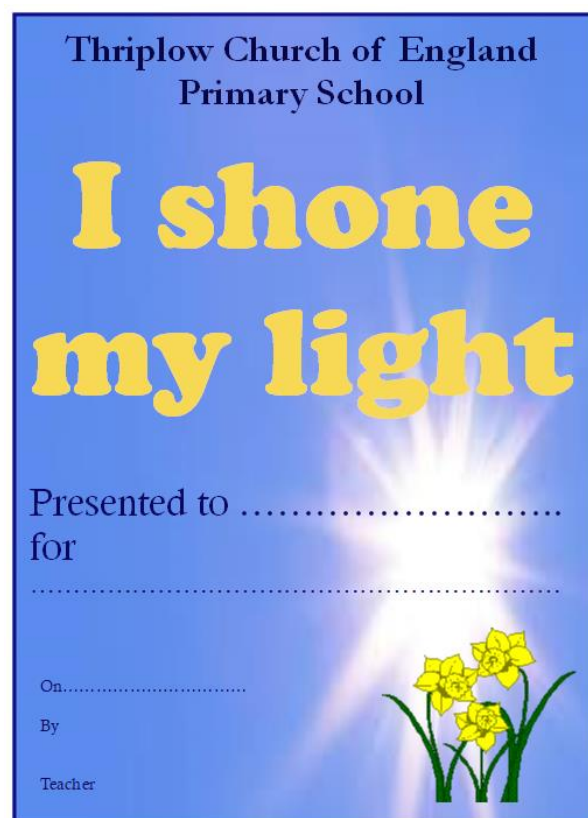
	Total this week	Total this term
Bacon	24	386
Barenton	28	449
Bassett	20	430
Bury	17	311

Well done **Barenton**!

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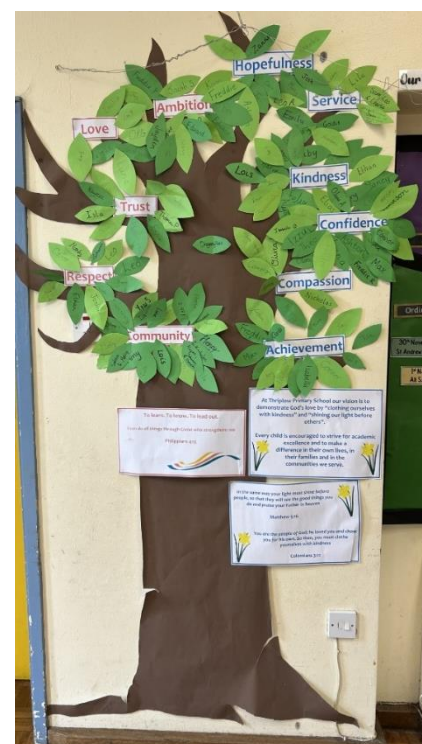
Our certificate winners this week are: -

- Lily-Anne (Reception)
- Charles (Year 1)
- Lucian (Year 2)
- Sofia (Year 3)
- Edward (Year 3)
- Annabel (Year 4)
- Felicity (Year 4)
- Elsie (Year 4)
- Tobias (Year 5)
- Bea (Year 6)



The following children were added to the 'Vision and Values' tree for living out our Thriplow and DEMAT values.

- Lola (Respect)
- Elias (Respect)
- Eliza (Service)
- Alice (Achievement)



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Raffodil weekend

Don't forget to sign up to help in the tearoom using the following link!

https://docs.google.com/spreadsheets/d/1qzctJenomniWb7msRt3CrHGolbRtFij66LtDjtCGu4w/edit?fbclid=IwY2xjawH2MPZleHRuA2FibQlxMQABHeX4lBAX5bLYd7qomY7qTgeuHpYAc3dp5tzb_88Pde5P_B98AFIatHrseA_aem_h37rbzeR8QC_A6rM6PxAPA#gid=0#gid=0

Each helper will receive one free ticket for the day that they help.



Please note that we will be performing as a school at around 11am in the village on Saturday 22nd March. Please pop it in your diaries. It would be wonderful to see everyone there — from Reception to Year 6.

Please see the map below for details of where we will be performing.

If your child performs on the 22nd, you will receive a free ticket for them and for one adult for the 22nd.

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Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. 'Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Caroline Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-risk-big-present/>
<https://www.nos.gov.uk/people/population-and-community/crime-and-justice/childrens-online-safety-counselling-report-and-ideas-june-2020>



**National
Online
Safety**

#WakeUpWednesday

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Breakfast Club at Ladybird



Open to Thriplow School
Children & Ladybird
Children from 3 Years



Breakfast may vary



Opens at 8:00am

Early Starters from 8:30

2025

Please book sessions required for Breakfast Club
in order to guarantee your child's place.
Adhoc sessions may still be available, numbers
permitting, but we do ask for 24 hours' notice.
This also applies to cancellations.

ladybirdplaygroupthriplow@gmail.com



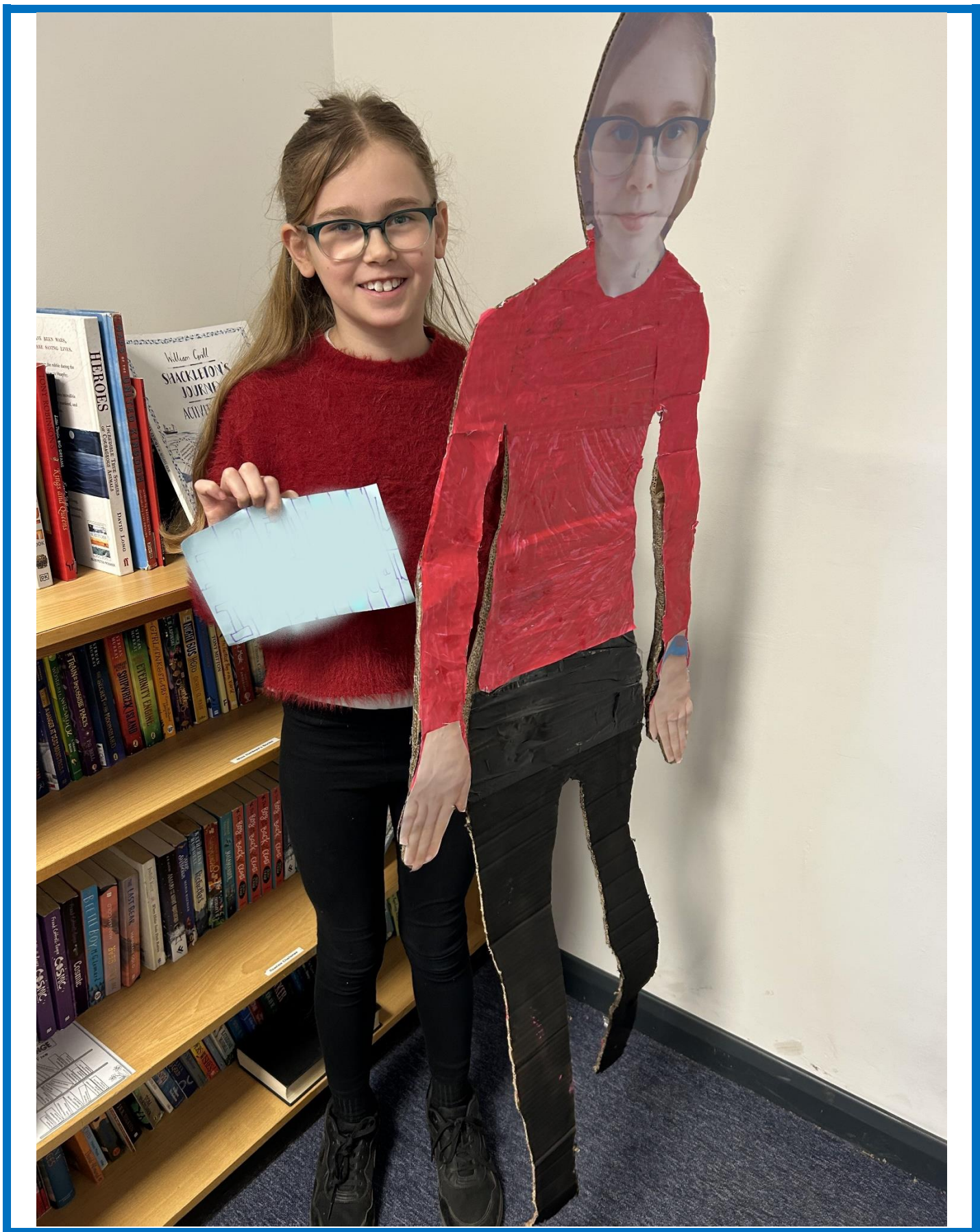
Contact for more information:

Email: ladybirdplaygroupthriplow@gmail.com

Phone: 01763 208055

Registration forms can be found on the School Website

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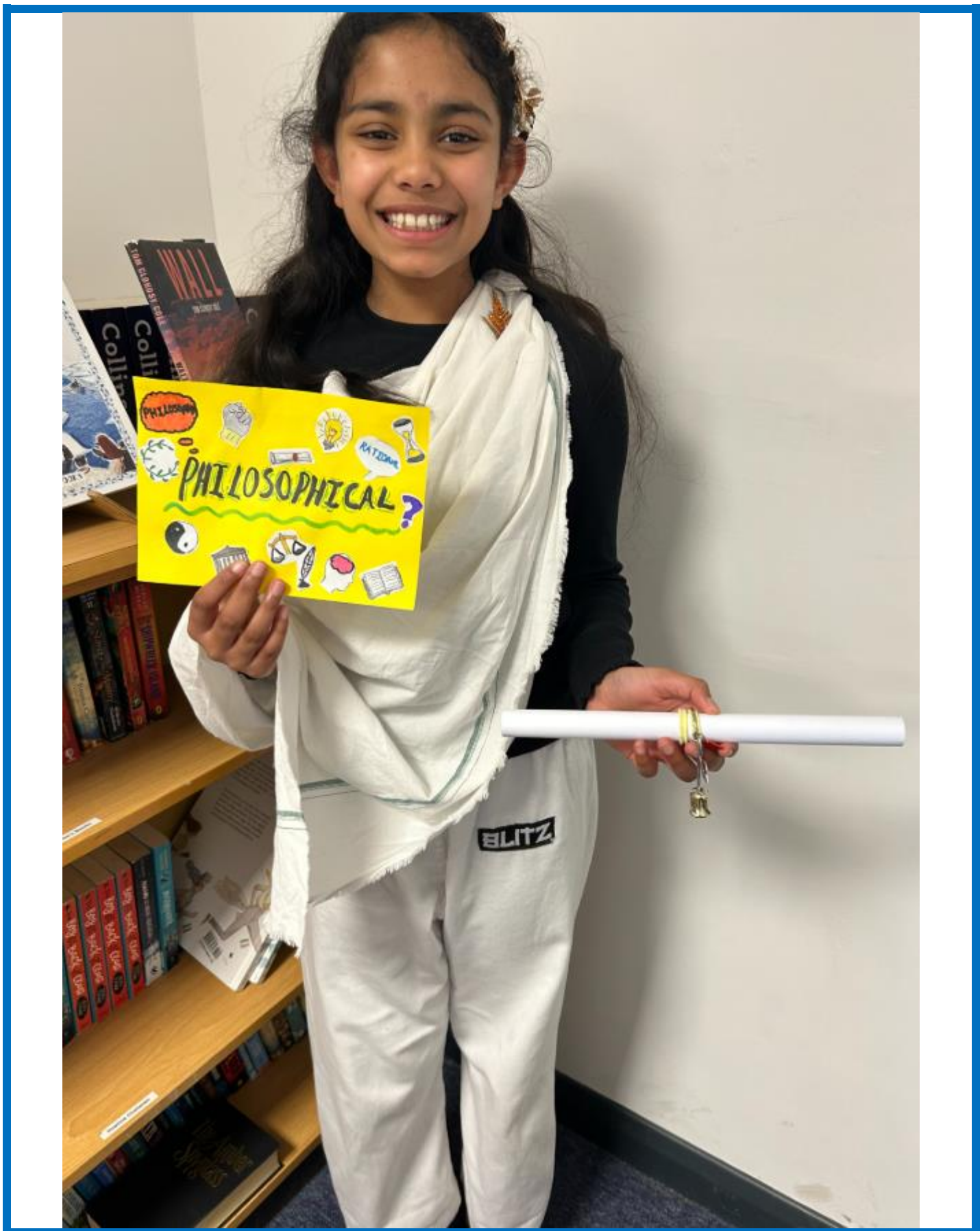
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