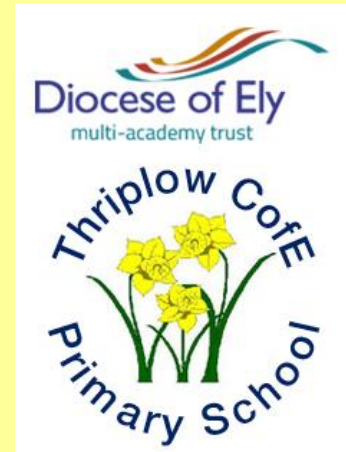


# Thriplow School Newsletter

12<sup>th</sup> September 2025



We have so enjoyed our first full week back at school. Year 5 have had a busy week on their bikes doing their Bikeability training. The trainers were very impressed by their hard work and good behaviour. Well done Year 5! Our Ants children continue to impress us as they settle in to life at school. The older children have enjoyed looking after them and they are starting to get to know different routines ready for their first full week at school next week.

Parent consultations take place on 22<sup>nd</sup> and 25<sup>th</sup> September. Please make sure you have signed up for a slot on MCAS.

Further down the newsletter is a letter from PTA. Please give it a read and get involved!

Next Thursday you are all very welcome to join us in the school hall for our Holy Communion service led by Reverend David.

Have a wonderful weekend!

Best wishes,

Lucy



**MAT of  
the Year  
2024**



<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*

|                                           |                                                                                |
|-------------------------------------------|--------------------------------------------------------------------------------|
| 16 <sup>th</sup> September                | Zoom meeting to discuss Summer party. See PTA facebook page for details        |
| 18 <sup>th</sup> September                | Holy Communion. 9.10am in the hall. Everyone welcome                           |
| 22 <sup>nd</sup> September                | Parent Consultations                                                           |
| 25 <sup>th</sup> September                | Parent Consultations                                                           |
| 29 <sup>th</sup> September                | MacMillan Coffee Morning. 9am in the hall. Everyone welcome. NOTE CHANGED DATE |
| 7 <sup>th</sup> October                   | Harvest Festival in the church. 9.15. Everyone welcome.                        |
| 15 <sup>th</sup> October                  | Flu Vaccinations                                                               |
| 23 <sup>rd</sup> October                  | Individual photos for all children                                             |
| 6 <sup>th</sup> November                  | Holy Communion. 9.10am in the hall. Everyone welcome                           |
| WB 10 <sup>th</sup> November              | Anti-bullying week                                                             |
| 28 <sup>th</sup> November                 | Decoration Day. Parents welcome in the morning.                                |
| 1 <sup>st</sup> December                  | DEMAT Carol Service (Year 6)                                                   |
| 9 <sup>th</sup> December                  | Nativity Dress rehearsal (KS1)                                                 |
| 10 <sup>th</sup> December                 | Nativity Performance (KS1) 2.30pm                                              |
| 11 <sup>th</sup> December                 | Nativity Performance (KS1) 6pm                                                 |
| 12 <sup>th</sup> December                 | Festive Friday                                                                 |
| 16 <sup>th</sup> December                 | KS2 Concert                                                                    |
| 17 <sup>th</sup> December                 | Christingle (children need to bring an orange)                                 |
| 19 <sup>th</sup> December                 | Carol Service in church. 2.30. Everyone welcome                                |
| 20 <sup>th</sup> January                  | Young Voices                                                                   |
| WB 2 <sup>nd</sup> February               | Relationships and Sex Education Week                                           |
| 24 <sup>th</sup> February                 | Parent Consultations                                                           |
| 26 <sup>th</sup> February                 | Parent Consultations                                                           |
| 5 <sup>th</sup> March                     | World Book Day                                                                 |
| WB 9 <sup>th</sup> March                  | Science Week                                                                   |
| 21 <sup>st</sup> – 22 <sup>nd</sup> March | Daffodil Weekend                                                               |
| 27 <sup>th</sup> March                    | Year 3/4 Bikeability level 1                                                   |
| WB 11 <sup>th</sup> May                   | SATS week                                                                      |

|                                          |                                                 |
|------------------------------------------|-------------------------------------------------|
| WB 18 <sup>th</sup> May                  | KS2 Residential (Year 5 and 6)                  |
| Fortnight beginning 1 <sup>st</sup> June | Multiplication Check fortnight (Year 4)         |
| 5 <sup>th</sup> June                     | DEMAT Art Exhibition                            |
| WB 8 <sup>th</sup> June                  | Phonics Screening check week (Year 1)           |
| WB 15 <sup>th</sup> June                 | Poetry Recital Competition                      |
| 24 <sup>th</sup> June                    | Sports day (First thing – will finish 11.15ish) |

### Term Dates 2025/2026

| <b>Autumn Term</b>      |                                                                   |
|-------------------------|-------------------------------------------------------------------|
| <b><i>INSET Day</i></b> | <b><i>Friday 24<sup>th</sup> October</i></b>                      |
| Half Term               | Monday 27 <sup>th</sup> October – Friday 31 <sup>st</sup> October |
| End of Term             | Friday 19 <sup>th</sup> December                                  |

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

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



## 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>

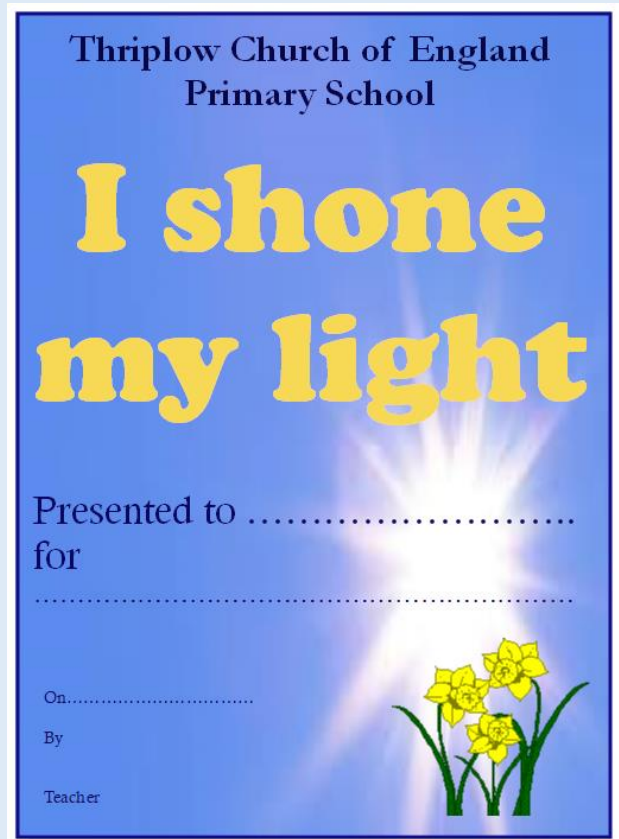
If you would like to donate a book to our library to celebrate your child's birthday, then we would be so grateful. Please follow this link to see a list of books that we would like.

<https://amzn.eu/ez2OYOf>



**Our certificate winners this week are: -**

- Henry (Year 2)
- Freddie (Year 3)
- Jess (Year 3)
- Hollie (Year 4)
- Barney (Year 5)
- Sophia (Year 6)



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

- Annabel (Community)
- Lois (Confidence)
- Connor (Confidence)
- Emily (Trust)





## House Points

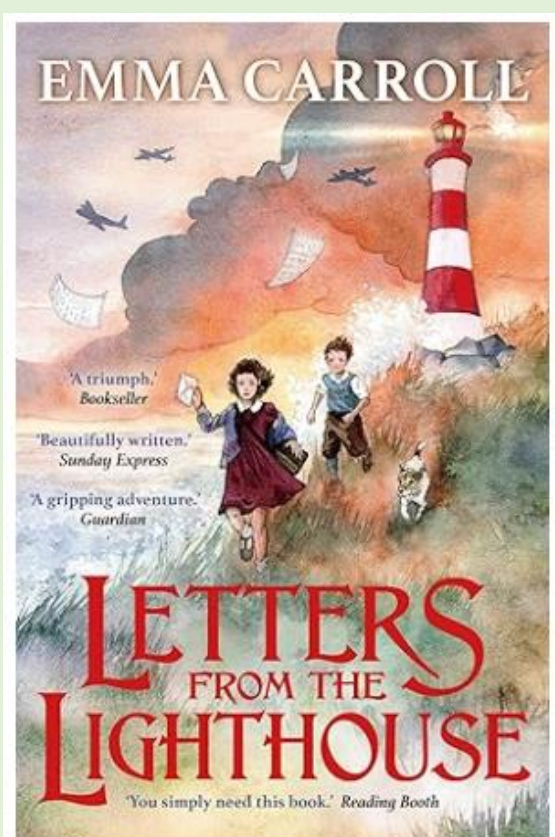
**Our totals for this week!**

|                 | <b>Total this week</b> | <b>Total this term</b> |
|-----------------|------------------------|------------------------|
| <b>Bacon</b>    | <b>37</b>              | <b>78</b>              |
| <b>Barenton</b> | <b>20</b>              | <b>35</b>              |
| <b>Bury</b>     | <b>42</b>              | <b>61</b>              |
| <b>Bassett</b>  | <b>35</b>              | <b>75</b>              |



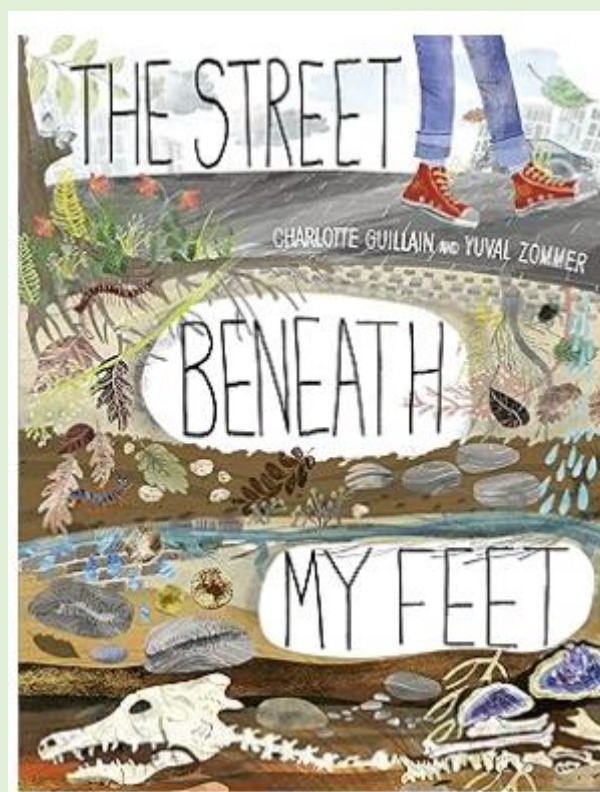
**Happy Birthday  
to Ellie and Otto  
who have  
celebrated their  
birthdays this  
week.**

## Birthday Books



**Many thanks to Ellie for donating this book on the occasion of her 10<sup>th</sup> birthday.**

**Many thanks to Otto for donating this book on the occasion of his 7<sup>th</sup> birthday.**



## **Your child's learning**

### **Ants**

This week in Ants class we have begun our phonics lessons following the scheme Sounds Write. The children have taken part in phonics lessons every day and have been learning the sounds a, i, m, s, t, through spelling and reading cvc words and playing a sound search game.

In maths we have been looking at subitising numbers to 5 and have been practising holding up the correct number of fingers to match the number of dots shown on the board.

In Literacy we have begun our story for the term, The Gruffalo. We have read the story and drawn our favourite colours, before looking at some pictures and videos of woodlands.

During circle time this week we have been thinking about what makes us different and what makes us special. We read the book 'The littlest yak' and learnt that being ourselves is already perfect enough.

Next week we will be looking at counting, cardinality and ordinality in maths, looking at rhyming words in The Gruffalo, and learning about our bodies and the amazing things they help us to do.

### **Butterflies**

Butterflies class have continued to work hard this week. The Year 1 children had their first session in Wildspace this week and enjoyed their experience. Year 2 will be doing Wildspace on Tuesday, please check that they have their Wildspace clothes and wellies in school.



In Maths this week the Y1 children have been looking at and ordering numbers to 20. They have also been encouraged to write these numbers in words. You may want to orally recite number sequences out of order, and ask your child to spot your mistake, then re-tell you the correct order. Y2 children have been reading and writing numbers to 100. They have also been making the amounts using Dienes. Please encourage your child to count forwards and backwards from different starting points.

In English, we have continued to write sentences to show what happened in Owl Babies. It will be really useful for the children to identify subject, verb and object in their reading books, when they are reading to you. We have also started our next unit looking at traditional tales and next week we will begin the story of Aladdin and the Magic Lamp.

In Computing, Y1 children have been practising to login into Purple Mash. Your child has access to Purple Mash, so it will be great if you could reinforce this learning at home too. We have discussed the importance of keeping login details safe and not sharing these with others - please encourage this practice at home too.

In Geography, the children have been looking carefully at where things are located using the compass points: North, East, South and West. In science we have been learning about the skeleton and learning the names of some of the key bones. In art we are looking at making tints and shades and in RE we continue our Ways of Knowing Unit where the children have been introduced to Livvy the Social Scientists who asks questions about how people live.

If you would like to share activities that your child has done over the weekend with us, then please send it via Tapestry. We hope that you and your families have a lovely weekend.

### **Bees**

We have had a very exciting week in Bees. We have enjoyed learning about shade and highlights in Art and the children drew very accurate pictures of pears. In English, the children have been writing paragraphs about Charles Dickens' life and they especially enjoyed writing about his pet raven Grip! We have also been practicing our netball skills in PE, learning how to chest pass. Next week will be another enjoyable week as we begin our DEMAT together challenge about the history of Ely Cathedral. We will also be looking more deeply at our school vision and the values of confidence and achievement as part of our Vision and Values day. I am also excited to start reading 'Oliver Twist' with the children. I look forward to seeing you in Holy Communion on Thursday morning.

### **Dragonflies**

We have had a very exciting week in Dragonflies. Year 5 had enjoyed their Bikeability. The instructors commented on their hard work, resilience and progress - I am so proud! In class, we have continued our learning about Baghdad this week where we focussed on the building of the ancient city. In our English learning, we have been writing poetry about dreams to enter into a national poetry competition. We have also been practicing our netball skills in PE. Next week will be another great week as we begin our DEMAT together challenge about the history of Ely Cathedral. We will also be looking more deeply at our school vision and the values of hopefulness and kindness as part of our Vision and Values day. I look forward to seeing you in Holy Communion on Thursday.



**Hopefully your child will know all about the 20 Books Challenge. We have carefully selected 20 Books for each child to read in each year during their time at Thriplow. When they have read them, send us an email and we will be able to celebrate this with your child.**

**If your child would prefer to listen to an audio version or an adult reading to them, then this is absolutely fine.**

## **News from the PTA**

### **Dear Thriplow Parents,**

Firstly – a huge welcome to all our new families! If you've managed to get your child to school with shoes on the right feet, a packed lunch that isn't just snacks, and only one jumper left behind, you're already doing brilliantly.

We're the Thriplow PTA (Parent Teacher Association) – also known as the group of parents who somehow agreed to "just help out a little" and are now making tea for 4000 during Daffodil Weekend.

### **So... what does the PTA do?**

We raise money for the school (and have a bit of fun doing it). Thanks to the wonderful parents of Thriplow, we've helped fund:

- Classroom items (yes, glitter is a necessity)
- School trips (because kids remember those forever)
- Massive projects like a new classroom and the fantastic playground your child has probably already come home from covered in mud.

### **Our Star Fundraiser: Daffodil Weekend**

Each spring, the PTA runs the famous tearoom during Thriplow Daffodil Weekend. Think scones, tea, a whole lot of cake. It's one of our biggest fundraisers and is entirely run by our lovely parent volunteers. (Yes, that could be you.)

### **And this year... it's party time!**

This is the year of the biannual PTA evening event – an adults-only night of music, food, raffles, and dancing (no children asking for snacks mid-song). It's a fun way to let your hair down, meet other parents, and raise money for the school while pretending you're still cool.

## What else does the PTA get up to?

Every year group has **Year Reps** – brave souls who help organise:

- Refreshments at school shows and sports days (yes, that's your tea and biscuits)
- Fun student events like discos, movie nights, and anything else we dream up.

Reps (and any parent!) can suggest and run events – from bake sales to bingo nights. If you've got an idea, we want to hear it!

We Need **You** (and Your Cake-Baking Skills... or Just You)

Whether you're a spreadsheet wizard, a star tea-pourer, a prize-finder, a tidy-upper, or someone who accidentally signed up at pick-up – there's a place for you in the PTA.

No help is too small, no talent too obscure, and all help is genuinely appreciated. Even if you just fancy popping in to see what we're up to – we'd love to meet you.

So if you're up for some fun, meeting fellow parents, and making a real difference to the school (with optional cake), come and say hello. We will be having our first meeting in the coming weeks so keep your eye out for when this will be!

Looking forward to a great year together!

Warm wishes (and slightly frazzled smiles),

Thriplow PTA



# MACMILLAN

COFFEE MORNING

*Coffee  
time*

In aid of

**MACMILLAN**  
CANCER SUPPORT

**MONDAY 29<sup>TH</sup> SEPTEMBER**  
**THRIPLow SCHOOL HALL**  
**9:00AM**

# Apply now



## for a Reception school place for September 2026

If your child  
will be aged 4  
by **31<sup>st</sup> August**

You need to  
apply **NOW**  
for a School  
place



**Apply by  
15<sup>th</sup> January  
2026**

For further information please visit  
[www.cambridgeshire.gov.uk/admissions](http://www.cambridgeshire.gov.uk/admissions)  
or contact your local School

Contact the Admissions Team by telephone 0345 045 1370

School Admissions ALC2605, PO Box 761, Huntingdon, PE29 9 QR or  
email [admissions@cambridgeshire.gov.uk](mailto:admissions@cambridgeshire.gov.uk)

# Apply now

## for a Secondary school place for September 2026

Contact the Admissions Team by telephone 0345 045 1370

If your child will be aged 11 by **31<sup>st</sup>  
August 2026**

**You need to apply  
NOW  
for a school place**



**Apply by  
31<sup>st</sup> October  
2025**

For further information please visit  
or contact your local School

[Secondary school admissions - September 2026 | Cambridgeshire County Council](#)

ALC2605, New Shire Hall, Emery Crescent, Enterprise Campus, Alconbury  
Weald, PE28 4YE  
or email [admissions@cambridgeshire.gov.uk](mailto:admissions@cambridgeshire.gov.uk)



# Breakfast Club at Ladybird



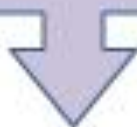
Open to Thriplow School  
Children & Ladybird  
Children from 3 Years



Breakfast may vary



Opens at 8:00am



Early Starters from 8:30



Contact for more information:

Email: [ladybirdplaygroupthriplow@gmail.com](mailto:ladybirdplaygroupthriplow@gmail.com)

Phone: 01763 208055



# 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 harmful 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.



# Education Inclusion Family Advisor Newsletter September 2025

## A Bit About Me

Hi, my name is Sarah Dilley, I'm your school's link EIFA. As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me on the details below.

## Parenting Top Tip – Back to school toolkit for Parents.

- **Model calmness** – Children pick up on your energy. Stay positive, even if you're a little nervous yourself.
- **Validate emotions** – Instead of saying "don't worry," try: "I know this feels scary, but I believe you can do this."
- **Create good routines** – Set morning and after school routines. Consistency helps children feel safe.
- **Role-play scenarios** – Practice everyday interactions such as, introducing themselves to new classmates, asking teachers questions, or managing breaktimes.
- **Stay connected** – Give your child/ren a small comfort item (note in their lunchbox or a small keychain) as a reminder of your support.

## Activity Idea – Getting your children to school.

- **Rainbow walk** – Spot something from each colour of the rainbow.
- **Secret agent game** – pretend you're on a mission and whisper secret instructions, like "walk past the yellow house without being spotted".
- **Steps challenge** – "lets take giant steps like a dinosaur", "can we walk like a bear/crab/meerkat?"
- **Story chain** – you start the story with a sentence and your child adds the next. Building a silly or suspenseful story together.

Ensure that you keep in mind, some days your child may want a high energy morning, some they may not. Also sensory preferences matter, try to avoid overloading with too much information if they are already anxious.

## Another Resource – EIFA Workshops

To book, please see the EIFA workshops poster or contact your EIFA.

- **Sibling Rivalry** – 23/09/2025 @ 12:00–13:30
- **Understanding and responding to Challenging Behaviours** – 02/10/2025 @ 12:00–13:30
- **Sleep** – 07/10/2025 @ 12:00–13:30
- **Supporting your Child with Feelings of Anger** – 09/10/2025 @ 12:00–13:30
- **Supporting your Child with Feelings of Worry** – 23/10/2025 @ 12:00–13:30

Does your child have, or potentially have, an additional need or disability? **Pinpoint** ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For **Cambridgeshire's Local Offer** go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)

**Contact me directly on [Sarah.dilley@cambridgeshire.gov.uk](mailto:Sarah.dilley@cambridgeshire.gov.uk)**

# 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 for **September and October**.

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

|                                                        |                                         |                                                                                                                                                                                |
|--------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sibling Rivalry                                        | Tuesday, 23 September 2025, 12:00-13:30 | Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or    |
| Understanding and Responding to Challenging Behaviours | Thursday, 2 October 2025, 12:00-13:30   | Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or   |
| Sleep                                                  | Tuesday, 7 October 2025, 12:00-13:30    | Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or  |
| Supporting Your Child with Feelings of Anger           | Thursday, 9 October 2025, 12:00-13:30   | Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or  |
| Supporting Your Child with Feelings of Worry           | Thursday, 23 October 2025, 12:00-13:30  | Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or  |

If you have any questions about our workshops, or the EIFA service in general, please contact [earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)

