

# Thriplow C of E Primary School

## Newsletter: 28<sup>th</sup> February 2025



What a busy week! We've experienced, wind, rain and sunshine this week but have certainly seen some glimpses of Spring!

The teachers really enjoyed meeting with you all at Parent Consultation Evenings this week. I hope you found the conversations valuable. Your child will be bringing home a summary of the conversation in the coming days.

As more and more daffodils flower in the village, we're reminded that Daffodil Weekend is not far off! The children will be performing at 11am on Saturday 22<sup>nd</sup> March on the stage in Taste of Thriplow (see map below). We do hope that as many children as possible will be there to perform. Details about passes for those who are performing will be issued soon.

We are very proud of Luna who has completed the Year 2 reading challenge. Well done Luna!

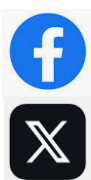
This week, Year 1 and Reception children started their Scooterability and Balanceability sessions with Jackie from South Cambs School Sports Partnership. They had a wonderful time and we were so proud of how well they listened to instructions and concentrated.

Next Tuesday parents of Ants and Butterflies are encouraged to attend the Phonics Workshop that Mrs Sheikh and Mrs Taylor will be running. This promises to be very information and useful in supporting your child with learning to read. We do hope you can come.

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*

# Shine your light before others

## Useful dates

4 <sup>th</sup> March	Ants and Butterflies Parents' Phonics Workshop (after school)
4 <sup>th</sup> March	Year 5/6 football friendly at Babraham
6 <sup>th</sup> March	World Book Day – children are encouraged to dress as an adjective
7 <sup>th</sup> March	PTA meeting 9am in School Hall
10 <sup>th</sup> March	Netball tournament – letters will be sent to the netball team nearer the time.
12 <sup>th</sup> March	Dragonflies trip to Duxford (information to follow)
19 <sup>th</sup> March	Ten Pin team to Norwich
21 <sup>st</sup> March	Science Workshop (All children)
21 <sup>st</sup> March	No Celebration Collective Worship
21 <sup>st</sup> 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 <sup>nd</sup> – 23 <sup>rd</sup> March	Daffodil Weekend – see information in newsletter
27 <sup>th</sup> March	KS1 trip to St George's church
4 <sup>th</sup> April	Church service. 2.30pm. All welcome.
29 <sup>th</sup> April	PTA meeting 8pm on Zoom
1 <sup>st</sup> May	Holy Communion in school hall. 9.15. All welcome
8 <sup>th</sup> May	Year 3/4 tennis festival
Week Beginning 12 <sup>th</sup> May	SATs week (year 6)
19 <sup>th</sup> – 23 <sup>rd</sup> May	Year 5/6 trip to the Isle of Wight
5 <sup>th</sup> June	Holy Communion in school hall. 9.15. All welcome
5 <sup>th</sup> June	Quadkids
6 <sup>th</sup> June	Class Photos
10 <sup>th</sup> June	PTA meeting 8pm on Zoom
1 <sup>st</sup> July	Year 3/4 cricket tournament
17 <sup>th</sup> July	Transition morning
23 <sup>rd</sup> July	Leavers' Service For parents of Year 6 children leaving the school

Shine your light before others

## Term Dates 2024/2025

### Spring Term

End of Term	Friday 4 <sup>th</sup> April
-------------	------------------------------

### Summer Term

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

Shine your light before others

## Term Dates 2025/2026

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

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

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

Shine your light before others



Happy Birthday to **Theo** and **Emilia** who have celebrated their birthdays recently!



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

<https://amzn.eu/ez2OYOf>










Shine your light before others



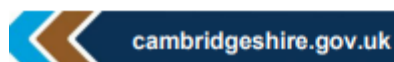
## Education Inclusion Family Advisor Team Countywide Online Workshop Offer

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



Shine your light before others

# 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 27<sup>th</sup> February 2025 10-12

Wednesday 19<sup>th</sup> March 2025 1-3

Tuesday 22<sup>nd</sup> April 2025 12-2

Thursday 15<sup>th</sup> May 2025 10-12

Wednesday 4<sup>th</sup> June 2025 1-3

Tuesday 24<sup>th</sup> June 2025 12-2

Thursday 17<sup>th</sup> July 10-12

Please email me to book your timed and confidential slot.

[Sarah.dilley@cambridgeshire.gov.uk](mailto:Sarah.dilley@cambridgeshire.gov.uk)

Shine your light before others



## 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	40	362
Barenton	56	421
Bassett	36	410
Bury	34	294

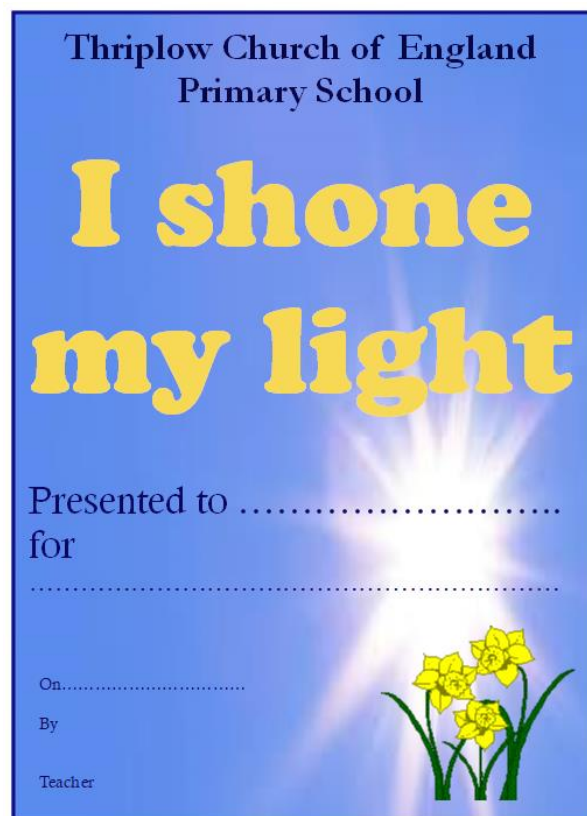
Well done **Barenton**!

Shine your light before others



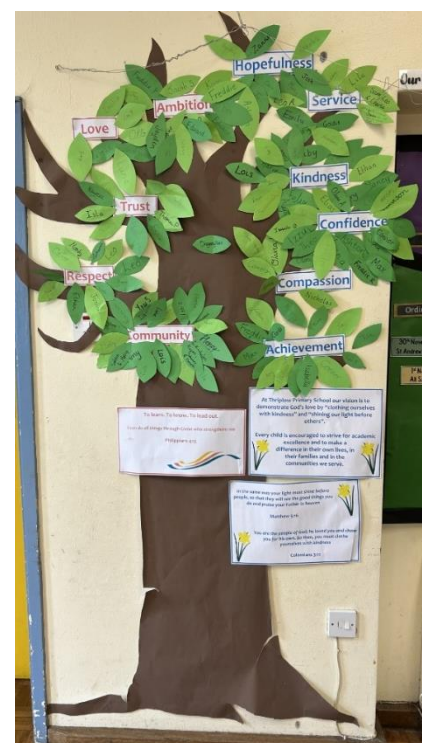
Our certificate winners this week are: -

- Finn Rushbrook (Reception)
- Henry (Year 1)
- Luna (Year 2)
- Leo (Year 3)
- Isabella (Year 3)
- Nelly (Year 4)
- Holly (Year 4)
- Betsy (Year 4)
- Erin P (Year 5)
- Jess (Year 5)



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

- Thomas P (Ambition)
- Jenson (Ambition)
- Johnny (Ambition)
- Harvey (Community)
- Monty (Community)
- Millie (Ambition)
- Josh P (Ambition)



Shine your light before others



# WORLD BOOK DAY



At Thriplow, we value reading and books all year round. We encourage children to 'read, read, read' as we recognise that reading unlocks learning and understanding of the world for children.

We mark World Book Day not as a 'one-off' to encourage children to read books, but to celebrate our ongoing love of books, of reading and of language.

This year we are encouraging the children to dress as an **adjective**. This is not for a few weeks, but I know that parents appreciate knowing about these things in good time.

If your child does not like dressing up, they can still take part as we will be asking every child to write their word on a piece of paper (which will be provided) in the style of their word. For example, if your child chose the word 'sparkly' they could write the word 'sparkly' and decorate it with sparkles.



Shine your light before others

# Daffodil 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](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 22<sup>nd</sup> 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 22<sup>nd</sup>, you will receive a free ticket for them and for one adult for the 22<sup>nd</sup>.**

**Shine your light before others**

**School**

**Taste of Thriplow. Meet [here](#) at 11am.**



Shine your light before others



# 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 Carole 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

Shine your light before others



# 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](mailto:ladybirdplaygroupthriplow@gmail.com)



Contact for more information:

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

Phone: 01763 208055

Registration forms can be found on the School Website

Shine your light before others



Shine your light before others





Shine your light before others





Shine your light before others



Shine your light before others





Shine your light before others





Shine your light before others





Shine your light before others

Shine your light before others