



Newsletter – 13th March

Love God

Update from Mrs Rook

This week in school, we have been focusing on our school value of **friendship**. The children have shared their ideas about what makes a good friend, and they have been encouraged to tell an adult whenever they notice or experience kind acts of friendship. We have also attached some friendship information and activities for you to explore together at home. We are very excited to have 2 students from Corvedale School reading in Diddlebury Church this **Sunday 15th March** as part of a special **Mothers Day Service** being led by **Rt Revd Richard Jackson, Bishop of Hereford**. The service starts at **10.30am** and everyone is welcome!! Traditional posies of flowers will be given out and refreshments served after the service.



We are pleased to report that the new system of booking **Parents' Evening Appointments** via the Arbor app seems to be working very well, however, if you are struggling at all, please speak to the school office.

Colin continues to do a wonderful job looking after our school garden and grounds. He would love to welcome any parents/carers volunteers who might be interested in helping out. Whether that's with general maintenance, watering at weekends or during the holidays, or offering support in any other way. He's hoping to bring together a friendly team with a mix of skills to help get the garden looking its best for the summer. After the Easter holidays, he also plans to organise a working party, with dates to follow soon.



Love Learning

Love Life

Star of the Week

Robins: Edith and Bella

Kingfishers: Alfie and Tomas P

Owls: Charlotte and Eduardo

Special Star chosen by Amber: Penelope S

Next Friday is **Red Nose Day!** To celebrate, the children are invited to come to school dressed *colourfully and creatively*. They might choose a bright hat, wig, socks, or dress in their favourite colour; anything that brings a splash of fun to the day. If you're able, please send in a donation.

NEURODIVERSITY CELEBRATION WEEK

parents and parent carers welcome to join us for assembly
Monday 16th March at 10am

We are excited to be welcoming Hollie Jones, a Neurodiversity Practitioner who works for Shropshire Educational Psychology Service, into school on **Monday 16th March** to present an assembly introducing children to the idea of neurodiversity and how we can recognise and celebrate those who think differently. Please do come and join us for this assembly. All are welcome! We hope to see you there.

Dates for your Diary

| | |
|----------|------------------------------|
| 16.03.26 | Neurodiversity Celebration |
| 18.03.26 | Parents' Evening |
| 19.03.26 | Parents' Evening |
| 19.03.26 | Messy Church |
| 20.03.26 | RED NOSE DAY! |
| 23.03.26 | Wonderdome |
| 25.03.26 | Easter Service |
| 26.03.26 | Holy Communion |
| 26.03.26 | Rushbury vs Corvedale Sports |
| 27.03.26 | Last Day of Term |
| 13.04.26 | Back to School |
| 04.05.26 | Bank Holiday |
| 25.05.26 | Half Term Week |

Heather's Kitchen 16th March

| | |
|-----------|--|
| Monday | Selection of fish, Quorn or Macaroni Cheese |
| Tuesday | Meatballs or Spaghetti Bolognese |
| Wednesday | 'Toad in the Hole' Sausage, Mash and Yorkies |
| Thursday | Roast Pork |
| Friday | Pizza, Selection of Fish or Burger and Chips |
| Daily | Jacket Potato |

This term we will be focussing in school on the value FRIENDSHIP. We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER about Friendship

Learning to be a good **friend**, someone who can be trusted and is loyal, takes a lifetime.

Talk together about how **friends** come in all shapes and sizes. Some are young, some are old. Some are always there, some we see only occasionally.

- How do we choose our **friends**?
- What makes a good **friend**?
- Are we a good **friend** to others?

THINK TOGETHER Words of Wisdom

"A good **friend** is worth their weight in gold."

Anon

That's a lot of gold!

Why do you think that this is such a popular proverb?



FAMILY FOCUS Friends of the Family

This term's family challenge is to make a card or present for someone who is a **friend** to your whole family. You could add a gift tag saying...



READ TOGETHER... Through the roof

Jesus reached a town called Capernaum and made his way to a house near the town gate. The crowd had gathered quickly and now even more people were pushing and squeezing into the small house, wanting to see him, hear him and touch him.

The excitement was infectious and four **friends** who lived in a street nearby soon heard the news. They met together and decided that they absolutely *had* to take their **friend** Joshua to Jesus. Joshua was paralysed and couldn't walk. They'd heard that Jesus performed miracles and could heal the sick. This was a chance they couldn't miss.

Wasting no time they carried their **friend** on his bed mat to the house, but jostling crowds blocked the doorway. They couldn't give up now. Their **friend** *must* meet Jesus. There was only one way. They carried him on to the flat roof of the house and carefully removed part of the roof to make a large hole.

Knotting ropes to the corners of the bed mat they gently lowered Joshua down right in front of Jesus. Imagine the surprise of all the people looking on. But Jesus smiled kindly at Joshua. "Take up your bed, and walk" he said. Slowly, falteringly and hardly daring to believe it was happening, Joshua stood and took a step forward. He could walk. He could actually walk! Thanks to Jesus and his **friends**, Joshua's life was changed forever!

Bible story based on Mark 2:1-17



QUIZ Picture puzzle

Take the first letter of each object to discover who helped the paralysed man.



and

WHAT HAPPENS IN A CHILD'S BRAIN DURING A MELTDOWN?

When a child has a meltdown, their brain believes it is in danger. The danger might be frustration, embarrassment, feeling unheard or being overwhelmed.

www.SocialWorkersToolbox.com

FIRST - THE AMYGDALA SWITCHES ON

The amygdala is the brain's alarm system. When something feels unsafe, it activates quickly. The body moves into survival mode:



FIGHT



FLIGHT



FREEZE



Heart rate increases.
Breathing changes.
Muscles tighten.

This happens automatically. it is not a choice.

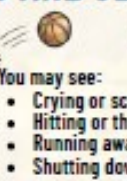
THEN - THE THINKING BRAIN GOES OFFLINE

The prefrontal cortex is the thinking part of the brain. It helps with reasoning, listening, problem solving and making good decisions. When the alarm system is active, this part cannot work properly.

That is why a child cannot:

- Calm down just because they are told to.
- Explain themselves clearly.
- Learn a lesson in the moment.

WHAT YOU ARE SEEING



You may see:

- Crying or screaming.
- Hitting or throwing.
- Running away.
- Shutting down.

This is a nervous system under stress, not deliberate misbehaviour.

WHAT ACTUALLY HELPS

The alarm system settles when the body feels safe.

Children need:

- A calm adult.
- Fewer words.
- A steady tone.
- Physical safety.
- Time.

Calm first. Teaching later.

REMEMBER


Children borrow regulation from adults. Connection quiets the alarm system. Learning happens after the storm, not during it.





A DISCOVERY SPRING CHILDREN'S HOLIDAY CLUB

At Shropshire Hills Discovery Centre, Craven Arms




Explore the Onny Meadows as we learn about and enjoy nature. Create things using natural materials and make dens as well as starting plants on their growing journey. Head inside for some quiet time of creative activities, playing games and enjoying books. Some sessions will include cooking.

For ages 4 to 11 years (reception- year 6)

Booking essential
call 01588 676 060

Part of the Shropshire Council
HAF programme.

Free with a voucher code,
£14 per day without.
Includes a cooked lunch and a snack.



Tuesday 31st March
Thursday 2nd April

Wednesday 8th &
Friday 10th April

9am til 1pm



Shropshire Hills
Discovery Centre
the home of Grow Cook Learn



HAF
Holiday Activities and Food



Department
for Education



Shropshire
Council

This opportunity is provided as part of the government's expanded Holiday Activities and Food (HAF) programme being delivered across Shropshire. Funded by the Department for Education. To find out more, view the 'What's On' guide and sign up to the HAF newsletter go to: www.shropshire.gov.uk/haf

SM&AG

DEADLINE: FRI 27 MAR 2026

Photo © John More

WILDLIFE PHOTOGRAPHY COMPETITION

Competition

A call to photographers of all ages - Capture the wild

Enter our Wildlife Photography Competition by Friday 27 March, with categories for under 11s, ages 12–18 and adults. See website for details:

www.shropshiremuseums.org.uk/events/

DRAW A DRAGON COMPETITION



**All ages welcome.
Art has no age limit!**

Draw, paint or sketch a dragon.

The winning entry will receive a made-to-match bespoke needlefelt miniature dragon complete with a short history of its species created by our Archivist and Resident Artist.

Email your entries to **shropshiredragonsopg@aol.com** or hand them in to Burway Books on Beaumont Road, Church Stretton.

No A.I art please.

Competition run by Dragons of Shropshire. No cash prize alternative. Entries independently judged.

Competition open
1st to 31st March
2026

Be inspired by our
beautiful county.

Draw, paint, or
sketch a dragon.

Every is welcome
to join in.

Winner announced
3rd April.

