

COLLEGE NEWS

Tel : 01588 638257

www.ccbcshropshire.com



**TO SUCCEED
TO CARE
TO INSPIRE**

WHAT'S ON...

Upcoming Events

Week Commencing:

19-10-26

Week 2

Monday

Tuesday

- IAG P1+P2
- Corndon + Kerry Ridgeway Assembly

Wednesday

- Long Mynd + Stiperstones Assembly

Thursday

- Year 7 Assembly

Friday

- Macmillan coffee morning in hall
- Enrichment

Join Us for Hot drink & Cake!

Help raise funds for a great cause

Friday 23rd October, 2026

At
The Community College, Main Hall

Starts: 9.15 am

Finish: 10.30am

£1.50

£2.00

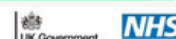
**Cash
Only**

Bakers - we are taking cake donations.

Please drop off at H1 (Mrs Med's room) on the Friday morning thank you.

Macmillan Cancer Support, registered charity in England and Wales (26107), Scotland (SC039907) and the Isle of Man (364). Also operating in Northern Ireland. MAC19133_InvitationPoster

Is my child too ill for school?



Does your child have a high temperature (38°C or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	Cold sores Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	Impetigo They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	Ear infection If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	Conjunctivitis Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	Ringworm See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	Measles They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	Scarlet fever They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	Vomiting & diarrhoea Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	Chickenpox Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

HOW TO REPORT A SAFEGUARDING CONCERN

Parents – it is everyone's responsibility to safeguard children.

At the Community College, safeguarding is an essential part of what we do.

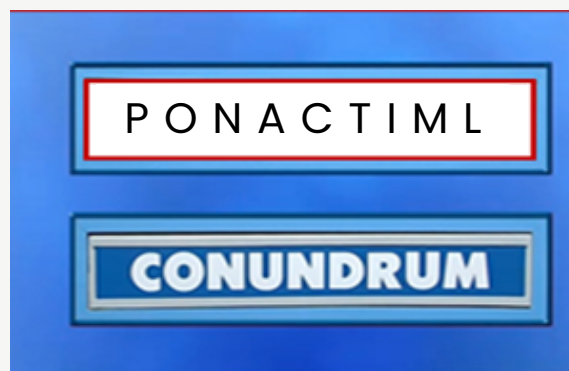
By reporting any concerns, you can help us keep our children and our community safe and protected.

To report a safeguarding concern please email one of our designated safeguarding leads:

- Andrew.Kirk@ccbcshropshire.com – Designated Safeguarding Lead, Assistant Headteacher
- Gill.Medicott@ccbcshropshire.com – Safeguarding – Online, Mental health
- Hannah.Morgan@ccbcshropshire.com – Head of Corndon House
- Lynda.Williams@ccbcshropshire.com – Head of Kerry Ridgeway House
- Matthew.Halstead@ccbcshropshire.com – Head of Long Mynd House
- Gillian.Wall@ccbcshropshire.com – Head of Stiperstones
- Natalia.Fialho@ccbcshropshire.com – Pastoral Support officer, Behaviour Support
- Reuben.Thorley@ccbcshropshire.com – Headteacher

What counts as a safeguarding concern? Any concern for a student's wellbeing or health, no matter how small should be reported as it can help us build a bigger picture.

CONUNDRUM



It's a rollover this week!

What is the longest word you can make from the following letters?
Can you find the 9-letter word?

Answers to Ms Natalia Fialho (Behaviour Support).

natalia.fialho@ccbcshropshire.com

Every entrant will receive **Two House Points**.

PE EVENTS/NEWS

Monday 19th October:
Year 7 and 8 Girls Football
At Home v Church Stretton School
5pm finish

Last week we competed in the South Shropshire Schools x-country championship at the very steep Rectory Woods, Church Stretton. All the students displayed excellent levels of effort, determination and perseverance. Special mentions go to individual race winners Fyn G, Frida L and Finley J and the year 10/11 boys who won the team event. Please congratulate them all.

PROMISE AUCTION

As you will be aware, we are holding a promise auction to raise money for the students here in the college. We have some amazing promises but I would really like to involve some more of our pupils in this event.

If you feel your child could make a promise of their own, it would be amazing to have them take part.

Here are some ideas about what they could promise:

- homemade cakes, mince pies or savoury dishes
- baby-sitting
- two hours gardening
- handmade crafts such as Christmas cards, decorations etc
- two hours cleaning
- creating a bespoke piece of art
- ironing for an hour
- walking a dog
- delivering Christmas cards
- cleaning a car
- A music lesson
- A language lesson
- A football training session
- A guided farm tour

This list is by no means exhaustive, any original ideas would be gratefully received.

Thank you in advance for your help,

Matthew Halstead

VACANCIES



Head of Modern Foreign Languages Part Time 0.82 MPS/UPS plus TLR 2c Preferred start January 2027

The College is looking to appoint a Head of Modern Foreign Languages to provide strategic and curriculum leadership for our successful Languages department. We are seeking an enthusiastic, innovative, and highly effective teacher who can engage and inspire students of all abilities. The successful candidate will teach across Key Stages 3 and 4, demonstrate strong leadership skills, and have evidence of making a positive impact on student progress and outcomes. In addition, applicants may have the experience or potential to contribute to whole-school improvement and lead developments across other curriculum areas.

The post could also work as a job share with appropriate candidates.

Students have the opportunity to study two languages at The Community College, currently French and German, previously French and Spanish.

In 2026 our overall Attainment 8 score was 4.5. In 2026 students studying French achieved 50% grade 4 and above and Spanish achieved 41% grade 4 or above. In 2025 students studying French achieved 80% grade 4 and above and Spanish achieved 55% grade 4 or above. This is an opportunity for the right candidate to have a significant impact on the structure and delivery of the languages curriculum at The Community College.

The Community College Bishop's Castle is a popular rural secondary school, which provides our community with good to outstanding development, learning and progress in a positive, pleasant learning environment. We were described by OFSTED as having a "committed staff team" that is "determined to create a positive learning culture". All judgements were good.

Our well-behaved students respond positively to our hard-working and highly committed staff. They achieve well and leave the school with results that are above the national average. You will be joining the school at an exciting stage of its development.

Application form and job description are available on the school website [Vacancies | The Community College, Bishop's Castle](#). If you would like to discuss the role please contact from Mrs R Newbold, PA to the Headteacher, at Rebecca.Newbold@ccbcshropshire.com or 01588 638257.

Closing date: Thursday 12th November 2026 12 noon

Interviews: w/b 16th November 2026

We reserve the right to close and interview earlier if sufficient applications are received so encourage early applications.

This College will safeguard and promote the welfare of students and expects all staff and volunteers to do the same. If you are successful, a DBS check will be undertaken.



STUDENTS OF THE WEEK

Mia W - For awesome engagement and competitiveness. She embraced the challenge of having a go in goal during hockey enrichment. She showed great enthusiasm, determination, and a positive attitude throughout the session.

Hannah M-H - She is always smiling and lighting up the room.

Sioned H - For being a great Community Helper. She was very polite and she was proactive at finding jobs to do and getting work from her classes.



STAFF OF THE WEEK

Mrs H Plastow - For the best start to an assembly I have ever experienced. It was brilliant.



CCBC FRIENDS



We are reaching out with a small request that could make a big difference to our students. At a recent PTA meeting (CCBC Friends), we realised that many families may have spare stationery or scientific calculators tucked away in drawers at home – items no longer needed but still in good working order.

If you have any scientific calculators your family is no longer using, we would be very grateful if you could donate them. Please bring any working calculators into school reception.

Similarly, we would welcome donations of basic stationery such as pens, pencils, rulers, protractors, and other everyday supplies.

The school spends a significant amount each year replenishing these essentials, and your contributions would help ensure that all students have what they need for their learning.

Even small donations make a meaningful impact, and the school would appreciate your support.

CLUBS

Football In The Cage

Monday:	Free use, all year groups football
Tuesday:	Y7 Girls Football run by Orla, Dom, Elena & Jude
Wednesday:	Y7 Girls and Boys football
Thursday:	Free use, all year groups football
Friday:	Y7 Boys run by Herbie, Jake and Bude

MUSIC

Club

Monday and Tuesday lunchtime

E8 - Miss White's room

Lunch Clubs

with Rev Nick now

'F6 - Mr Sharp's Classroom'

Wednesday

DEBATE CLUB

Friday Chaplaincy drop-in with questions

Join in the fun every week with friends & make friends

Diocese of Hereford

YOUTH HUB

REVISION

YEAR 11 REVISION TIMETABLE: SEPT – DEC 2026-7

1 MONDAY	1 TUESDAY	1 WEDNESDAY	1 THURSDAY	1 FRIDAY
Maths (UR/BE)	Option A only Food in H4 History in F7 Media in A10 Triple Science in D7	Science (all groups)	English 11KR/ES	Option D only Art in H2 French in A8 Spanish in A9
2 MONDAY	2 TUESDAY	2 WEDNESDAY	2 THURSDAY	2 FRIDAY
Maths (LO/AL)	Option C only Art in H2 BTEC Sport in A10 GCSE PE in B3 Triple Science in D4	Option B only BTEC DIT in H1 Drama in Eco Building History in F6	English 11KAR/ECS	

CAREERS

Year 10

Work Experience

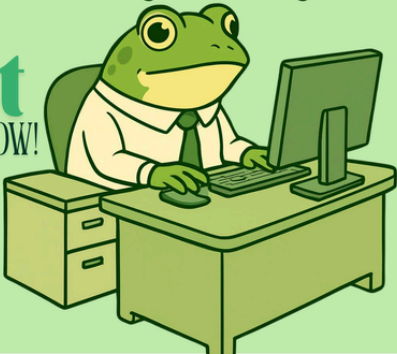
2027

Week 1: 26th April – 30th April

Week 2: 4th May – 7th May

Start

LOOKING NOW!



How to use

UNIFROG

Step 1: Open UNIFROG website

Step 2: Log in using school email and Password

Step 3: Scroll to bottom of first page

Step 4: Find purple box containing word 'placements'

Step 5: Click 'add placement' to fill in all the necessary details



NHS

The Shrewsbury and Telford Hospital

NHS Trust

INTERESTED IN A CAREER IN

RADIOGRAPHY?



We would like to invite you to our taster sessions in our radiography department, where you will gain an insight into the department and find out more about the training and job opportunities which exist.

You must be 16+ to apply

Date: 21st November 2026

AM Session- 09:30 – 11:30

PM Session- 12:00- 14:00

Venue: Royal Shrewsbury Hospital

Booking is essential as places are limited: For further information or to book a place please email

francisca.bempah@nhs.net

PACT

Partnering · Ambitious

Caring · Trusted

Our Vision: To provide excellent care for the communities we serve

T-LEVELS

THE NEXT LEVEL QUALIFICATION

Amazing Apprenticeships

Parent & Carer Webinar

Understanding T Levels

20th October 2026

6:30–7:15pm

REGISTER NOW

amapps.uk/t-level-parent-carer-webinar

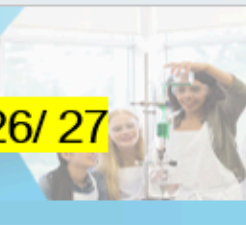


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CAREERS





COLLEGE OPEN DAYS 2026/ 27

Year 10 & 11 Students * Explore your future * Discover courses * Plan your next steps
 *****Most events require you to book online*****



School Leaver Roadshow Shrewsbury 2026

Mon 21 Sep 2026, Multiple times
 @ Cineworld Shrewsbury, SY3 7ET



English & Welsh Bridge (A Levels) – Thursday 15th & Tuesday 20th October 5-7pm.

London Road (Vocational / T Levels) – Thursday 22nd October 5-7pm



Ludlow 6th form College:

Hereford College:

Holme Lacy College:

Walford College:

Tuesday 13th October & Tuesday February 23rd

Sat 7th November / Wednesday 13th January / Tuesday 2nd March / Sat 7th November & Saturday 17th April

Saturday 17th October / Saturday 6th February / Saturday 13th June



Sat 26th Sep / 17th Oct / 28th Nov / 30th Jan / 20 March / 24 April



Sat 17th October



Wed 18th November / 13th January / 17th March / 16th June: 4.30-7.30

For more information speak to Clair, the College Careers Adviser, visit college websites and / or CCBC careers page @ [Careers | The Community College, Bishop's Castle](#)



Don't Miss Out!

Open Event

Saturday 17th October

10.00am - 12.30pm

Book your place at hlnc.ac.uk



Our Next Open Event

Saturday 7th November

10.00am - 12.00pm

Book your place at hlnc.ac.uk



Our Next Open Event

Saturday 7th November

10.00am - 12.00pm

Book your place at hlnc.ac.uk



2026/27

Open events

Don't miss out

Explore our campuses and discover your perfect course.

2026 TUESDAY 13 OCT	Ludlow Sixth Form College Open Event 5.00pm - 7.00pm	2027 SATURDAY 16 JAN	Ludlow Sixth Form College Open Event 10.00am - 12.30pm
2026 SATURDAY 7 NOV	Herefordshire College Open Event 10.00am - 12.00pm	2027 TUESDAY 23 FEB	Ludlow Sixth Form College Open Event 5.00pm - 7.00pm
2026 SATURDAY 7 NOV	Holme Lacy College Open Event 10.00am - 12.00pm	2027 TUESDAY 2 MAR	Herefordshire College Open Event 5.00pm - 7.00pm
2027 WEDNESDAY 13 JAN	Herefordshire College Open Event 5.00pm - 7.00pm	2027 SATURDAY 17 APR	Holme Lacy College Open Event 10.00am - 12.00pm

WAKE UP WEDNESDAYS

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- RIGHT TIME, RIGHT PLACE**
Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**
With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.
- EMPHASISE HOPE**
Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**
All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**
It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- SET LIMITS**
Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- TAKE THINGS SLOWLY**
Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- BUILD RESILIENCE**
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.ccbcschoolshropshire.com/04/06/2022> <https://www.ccbcschoolshropshire.com/blog/supporting-your-child-with-upsetting-content> <https://www.unicef.org/parents/how-talk-your-children-about-conflict-and-war>

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@natonlinesafety](https://www.instagram.com/natonlinesafety) [@national_online_safety](https://www.youtube.com/channel/UCnatonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.10.2023

NOTICES

Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm
Fri, 9.30am - 3.30pm

No judgment, just support. For all Shropshire families, including those whose children have special educational needs and/or disabilities (SEND)



Shropshire Supporting Families through Early Help

Shropshire Council



shout
85258

NHS
Shropshire, Telford and Wrekin

Feeling low? Struggling to cope?

Text **'STW'** to **85258**

Free, confidential, 24/7 support provided by Shout



Wellbeing & Recovery College

10 Years of Learning for Wellbeing (2016-2026)

Free community-based wellbeing courses
For all in our community aged over 18.
Scan the QR code to learn more



CAMHS group offer: Young People and Adolescents Form.

2 Jul 2026

CAMHS in Telford and Shropshire is developing new groups to support young people with mental health. We would like to know what type of groups you would like. Your answers and participation are anonymous.



Be a Hero!

Know the signs of type 1 diabetes.



Thirsty
Being constantly thirsty and not being able to quench it.



Thinner
Losing weight without trying to, or looking thinner than usual.



Toilet
Going for a wee more regularly, especially overnight.



Tired
Feeling incredibly tired, lethargic and having no energy.

4Ts

Other symptoms associated with high glucose levels to look out for:

Blurred Vision
Fruity Smelling Breath
Thrush
Cuts and grazes that are not healing.



Type 1 diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented. Know the signs and symptoms of type 1 diabetes and you could help save a life!

Diabetes UK

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?



T OILET



T HIRSTY



T IRED



T HINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.

Scan the QR code or visit diabetes.org.uk/the4Ts

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



BISHOP'S CASTLE COMMUNITY FOOD BANK

MORE THAN A FOOD BANK

As well as a food bank and community café, we also provide several drop in sessions throughout the month, providing access to vital services, and support.

Café & Play Area - every Tues & Thurs
Early Years Support - once a month
Citizens Advice Bureau - twice a month
Trained Nurse - once a month

NO REFERRAL NEEDED - JUST DROP BY
Phone: 07773 006 413

NOTICES

Understanding Your Child
A group for dads, grandads and any male carer of children and teens

"I met others going through the same things. It really helped me feel less alone."
"The group boosted my confidence as a parent."

Join our friendly, relaxed group!
Parenting can be challenging, whatever age your child is. This group offers practical ideas, straight-talking support, and a chance to hear what has helped other parents in real life.
Join Peter and Tracy from the Parenting Team and other parents and carers, to explore what's happening for your child, understand tricky behaviour, and pick up simple strategies to make family life calmer and more manageable.

Upcoming Sessions
• Starts Tuesday 22nd September 2026, 5.00pm to 7.00pm in Shrewsbury - venue to be confirmed
The group meets once a week over 10 weeks, excl. half terms and bank holidays with the last session being on Tuesday 3rd December 2026.

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?
Email: parenting.team@shropshire.gov.uk
Call: 01743 259950
Visit: [The Parenting Team | Shropshire Council](#)

Prefer flexible online learning?
Try our free online learning pathways at
[Becoming Togetherness - Togetherness](#)




Understanding Your Child
From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."
"The group boosted my confidence as a parent."

Join our friendly, relaxed group!
Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 21st September 2026 from 9.15 to 11.15am at Brown Clee Primary School, Bridgnorth (WV16 6SS)
- 21st September 2026 from 9.00 to 11.00am at St Giles Primary School, Shrewsbury (SY2 5NL)
- 22nd September 2026 from 12.45pm to 2.45pm at Sondere Infants School, Shrewsbury (SY1 4QN)
- 23rd September 2026 from 9.15 to 11.15am at Calemham Primary, Shrewsbury (SY3 7EN)
- 23rd September 2026 from 1.15 to 3.15pm at St Laurence Primary School, Ludlow (SY9 1TP)
- 24th September 2026 from 1.00 to 3.00pm at Bishop's Castle Primary School (SY9 5PA)
- 25th September 2026 from 12.30 to 2.30pm Online via MS Teams

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?
Email: parenting.team@shropshire.gov.uk
Call: 01743 259950
Visit: [The Parenting Team | Shropshire Council](#)

Prefer flexible online learning?
Try our free online learning pathways at
[Becoming Togetherness - Togetherness](#)




Keele University

PAIN NAVIGATOR

For young people with aches and pains in their muscles and joints



Are you age 8-18 with aches or pains in your muscles and joints?
Do you have children who have aches or pains in their muscles and joints?

Keele University have worked with children and young people to develop resources to help you or your children manage with muscle and joint pain and get better use out of healthcare.
Pain Navigator aims to take some of the mystery away from pains like foot, ankle or knee pain or back ache, and can help you plan visits to the doctor. We want you feel a bit more in control.
These resources are linked to a research study. You may be asked to help the researchers, but that is completely voluntary and you can use the resources however you choose.

Web: painnavigator.co.uk
Email: comms.painnavigator@keele.ac.uk

Funded by **NIHR** National Institute for Health and Care Research



Understanding Your Child with SEND
From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."
"The group boosted my confidence as a parent."

Join our friendly, relaxed group!
Join our friendly, free group for parents and carers of children with SEND. Connect with others, deepen your understanding of your child, and explore what's going well and what you'd like to change. Small changes make big differences!

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 22nd September 2026 from 5.00 to 7.00pm Online via MS Teams
- 25th September 2026 from 9.30 to 11.30am Online via MS Teams

SEND groups are for parents/carers of children who may have special educational needs or disabilities. No formal diagnosis is needed.

What We'll Talk About

- Communication and building confidence in your relationship with your child
- Exploring routines such as sleep and bedtime
- Understanding behaviour and emotional regulation
- Child development and ways you can support it

Want to Join Us?
Email: parenting.team@shropshire.gov.uk
Call: 01743 259950
Visit: [The Parenting Team | Shropshire Council](#)

Prefer flexible online learning?
Try our free online learning pathways at
[Becoming Togetherness - Togetherness](#)




Free Sleep Tight Groups

"It's been eye-opening to see how many different things can affect children's sleep. I have learnt so much and now have new ideas to try out."
"I feel more confident in bedtime routines, and less alone in the fact my child struggles with sleep"

Join our friendly, relaxed group!
We all know how important a good night's sleep is for your child's growth and development. When children sleep well, it helps them do better at school, react more quickly, build stronger memories, and learn and solve problems more effectively. It can also help them stay healthier, feel less irritable, and manage their behaviour more positively.
There are many different factors that can affect your child's sleep, and it can sometimes feel hard to know where to start. Join us to learn more, share experiences, and pick up helpful tips to support your child in getting the rest they need.

Upcoming Sessions (once a week over 5 weeks, excl. half terms and bank holidays)

24th September 2026
Sleep Tight Group
from 9.30 to 11.30am
Virtually via MS Teams

or

12th November 2026
Sleep Tight SEND Group
from 9.30 to 11.30am
Virtually via MS Teams

The SEND groups are suitable for parents/carers of children who have special educational needs and disabilities, no formal diagnosis is needed to attend our groups.

What We'll Talk About

- Benefits of good sleep for our health and emotional wellbeing
- Sleep and bedtime routines for the whole family
- Sleep diaries
- Nutrition and food and their impact on healthy sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Want to Join Us?
Email: parenting.team@shropshire.gov.uk
Call: 01743 259950
Visit: [The Parenting Team | Shropshire Council](#)



DAISY

Are you a parent carer of a child with additional developmental needs?
This might mean your child has a learning disability, developmental delay or has developmental delays but does not yet have a diagnosis.

- Do you live in England?
- Is your child aged between 2 – 11 years?

You might like to take part in the Digital Family Support study – DAISY

We are exploring whether a digital parent support program called Stepping Stones Online can help improve behaviour and emotional difficulties in children with a learning disability or developmental delay and support the wellbeing of parent carers.

Stepping Stones Online is an online program for parent carers of a child with a learning disability. It covers:

- Learning strategies to make everyday life easier
- Supporting communication and everyday skills for children
- Positive ways to support behaviours that challenge
- Building your confidence in parenting

Parent carers can receive up to £90 worth of vouchers for completing questionnaires.

If you would like to find out more about how you can take part, please go to the project webpage:
<https://nativereasearch.com/participate/daisy> or scan the QR code. Or you can call Dr Emma Scripps on 07483123993 or Rovan Bahnsy on 07483656342, or email us at daisy-online@contacts.bham.ac.uk

SCAN ME



DAISY RCT Recruitment Poster 15-04-2026, IRAS 30060, Sponsor: RG_25-105

NIHR National Institute for Health and Care Research

UCL University College London

University of Birmingham

COUNCIL FOR DISABLED CHILDREN

UNIVERSITY OF BIRMINGHAM

NOTICES





PROGRAMME INSPIRE
Schools Engagement
Launches: 1 SEP 26

INVICTUS GAMES

BIRMINGHAM 2027

Invictus Games Birmingham 2027 is proud to announce, alongside The Education Exchange West Midlands, and associated West Midland School, Colleges and MATS, an Invictus Games-inspired schools curriculum programme for Early Years through to Key Stage 5, designed by Teachers, for young learners.

This covers Maths, English, STEM, Art, Performing Art, Sport and PSHE.

The website link goes live 1 September 2026 and provides engaging, inspirational and fun national curriculum resources, ready to teach, based on the Invictus Games. Look out for further details on media and socials and register your Expression of Interest at the QR code.

<https://www.invictusgames2027.org/schools> goes live 1 Sep 26







Edition #5

Bytesize News

A bright young teenager who had a keen and developing interest in IT, but was unaware of how to keep himself safe online, was successfully encouraged to explore new opportunities in Computer Science.

Teachers at a secondary school were becoming increasingly concerned about a pupil who said they could hack into the school network. The student required close supervision when using laptops, yet despite this, they still attempted to download alternative browsers.

When asked if they knew that their actions could install viruses or malware, they revealed they practiced their technical skills at home on their own computer, Raspberry Pi and mobile phone, before trying them at school.

To support and guide the student, the Cyber Choices Prevent team met with them and began discussing multiple topics, such as online safety and the Computer Misuse Act.



The student engaged well with the Cyber Choices Prevent Team. They proceeded to meet a further two times to talk about the ethical use of technology, and the student completed online packages to reinforce their learning.

Due to the student's passion for IT, the Cyber Choices Team introduced them to websites and courses to develop their skills in ethical hacking. As a result, the student wishes to undertake a GCSE in Computer Science.

The school is pleased the risk and threat of illegal cyber activity by the student has been reduced, and the student has a promising future with new studies.

More info: <https://www.wmcyber.org/prevent/>
 For referrals: cyberchoices@westmidlands.police.uk



CHRISTMAS

Card Competition

THEME: A CHRISTMAS WISH FOR OUR COMMUNITY

Design 4 All Foundation's 2026 Christmas card!

Please include your name and a contact email address and telephone number on all entries. For children, please also include your name and school/club.

All entries must be received before 30th November - the winner will be contacted directly and announced on our website and social media.

Send your entry by email to clare.tudor@4all.foundation

Or post it to Clare Tudor, 4 All Foundation, C/O Grange Primary School, Bainbridge Green, Shrewsbury, SY1 3QR




THE COM

ANYONE CAN JOIN THE CHAT...

WHAT IT IS

Community 'Com' Networks are online groups involved in child sexual abuse, cybercrime and offline violence. However, not all cases involve all three.

The majority of those involved are children under the age of 18.

Perpetrators may target children who are discussing topics online such as mental health disorders, neurodiversity or self-harm but they are active on virtually all social media and online gaming platforms. Discord and Telegram are particularly popular.

The communities share extreme material which may include:

- Child sexual abuse
- Violence and gore
- Animal abuse or torture
- Misogynistic and "incel" beliefs
- Extreme/violent pornography
- Racist and occultist materials
- Hacking tools and exploits

INDICATIONS OF CONCERN

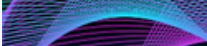
The following behaviours are indicators that a young person may be involved in an abusive relationship with a Com group:

- Self-harm (cutting letters/symbols is of particular note)
- Numbers, letters, symbols written in blood on walls
- Interest in extreme themes
- Disengaging in education
- Obsession with new online friends
- Unexplained injuries to pets or siblings
- Unexplained money or gifts

HOW TO GET SUPPORT

Any concerns should be reported to one of the following for safeguarding and diversion support, reference "Operation Driftglen":

- Local police forces call 101 (non-emergency)
- School safeguarding lead (DSL)
- Local social services
- Crimestoppers 0800 555 111 (anonymous)
- Cyber Prevent/NCA/NCSC and/or C1 Prevent




CYBER CHOICES

KNOW THEIR DIGITAL WORLD

Education and awareness is key to our intervention work. There is no age limit to who we support.

WHO ARE WE?

The Cyber Prevent Team delivers the national Cyber Choices Programme, helping young people make safe, responsible, and legal choices online. Through education on cyber law, including the Computer Misuse Act, we support informed decision-making and raise awareness of the consequences of cyber crime.

We also encourage positive cyber opportunities by promoting skills development, training, and future education and career pathways, helping to prevent young people from being involved in cyber criminality.

WHAT DO WE DO?

This programme is aimed at individuals who are at risk of, or on the cusp of, committing cyber-dependent crimes.

Cyber dependant crimes are offences that can only be committed with technology:

- Hacking
- Cheating/Modding online games
- Breaking IT rules
- DDoS or DoS - tools to impair systems and services
- Unauthorised access to computers, phones, networks, and devices

FOR MORE INFORMATION:

Sign up to our webinar on the 28th July 2026

Visit our website



OR





Help Improve PE for Students Like You

What is PE really like for you?
Short anonymous survey about your experience of PE
There are no right or wrong answers

WHO IT'S FOR?

For students aged 11-16 who have:

- Autism / ADHD
- Dyslexia / Dyspraxia
- Or other learning differences (You can still take part if you're not sure)

- ✓ Takes only 5-10 minutes
- ✓ Your answers are anonymous
- ✓ Help make PE better for students

Let us know!

This is a University of Winchester research study. Parent/carer consent required. You can stop and withdraw from the survey at any time.

Funded by 



Scan the QR code to take part or ask your teacher for the link



NOTICES



THE HANDOVER
A futuristic & personal journey into multi-dimensional reality, imagination & human perception. Cost: £12/£5
NICK JONAH DAVIS
SPARC THEATRE - BISHOPS CASTLE
OCTOBER 28 - 19:30 - £12/£5
SPARC, BISHOPS CASTLE, BISHOPS CASTLE, SPARC THEATRE, COLOM
01588 630243



SAIRIE
STEVE MALLEY
& RAYMOND MACDONALD
LALLUKA
MYNDTOWN CHURCH - SY7 8BL
OCTOBER 24 - 19:00 - £10 (14 yrs & over) - THERE WILL BE A BAY

BISHOPS CASTLE LEISURE CENTRE

Become a Lifeguard this October! 🏊‍♂️

We're running a National Pool Lifeguard Qualification (NPLQ) course at SpArC Bishops Castle Leisure Centre and spaces are now available to book.

Course Dates: Monday 26th October - Saturday 31st October (9am - 5pm)

£275 per candidate**

Candidates must be aged 16+ on the day of assessment (31st October)

Spaces are limited and a swim test is required before securing your place.

Contact the centre on 01588 630243 or via our website

**The SpArC Charity will donate £100 to each successful candidate who meets its selection criteria.



A TALK BY
BEN OSBOURNE
POLAR JOURNEYS
FRIDAY 16 OCTOBER 7.30PM £12/£5
Award winning adventurer & photographer, will take you to the ends of the earth with images and stories from his extensive travels in the polar regions.
PROFITS FROM THIS EVENT WILL GO TO THE BISHOPS CASTLE AND DISTRICT LAND TRUST AND SPARC TRUST THEATRE UPGRADE.
sparctheatre.co.uk 01588 638038 SpArC, Bishops Castle SY9 5AY



Campaign to Protect Rural England Shropshire
Hedgerows in the Hills For Kids!
Saturday 24 & Sunday 25 October 2026, 10-4
Acton Scott Heritage Farm, Church Sreeton
We are delighted to have received a grant from the Shropshire Hills National Landscape Conservation Fund to deliver free children's nature activities for this event.
Welly Wanders
Cath Landels will be leading Welly Wanders for children and families looking at the hedges on the farm site and doing some fun Nature ID.
Welly wander timings each day:
11am and 2pm (wanders last about one hour)
Gather at the Play Tent to start.
There will also be drawing, colouring and other paper-based activities under cover in the Play Tent, and a chance to try on a wild animal costume.
Be a Dormouse Detective!
Lucy Grove will open the Dormouse Detection Den in the New Shepherds Hut near the heavy horse working area.
Here you can step into the secret and fascinating world of dormice and become a wildlife detective. Discover the clues dormice leave behind—from nibbled nuts and natural nests to tiny footprints—and learn how to spot these elusive creatures in the wild. Get ready to put your detective skills to the test and see if you can uncover the hidden signs of a dormouse.
Big Hedge Hunt Try your hand at finding and naming the plants in the hedges at Acton Scott which lead you to the ultimate treasure! What will you find?
More info & tickets: www.cpreshropshire.org.uk/hth



Come and Sing
Choruses from
Mozart's Requiem
Saturday 7th November 2026
10.30am – 3.30pm
Ludlow Assembly Rooms
£16 per participant / under 25s free
Bring own Lunch and Music*
Book @ www.ludlowassemblyrooms.co.uk or
contact: ludlowchoralsociety@gmail.com
LUDLOW CHORAL SOCIETY
*vocal score available if needed



Royal Charter 1462
Shrewsbury Drapers Company
YOUNG TEXTILE DESIGN COMPETITION 2026
Fri 6th – Mon 23rd November 2026
Public Exhibition:
Wed 11th – Sat 21st November 2026
Shrewsbury Library, Castle Gates,
Shrewsbury SY1 2AS
OPENING TIMES:
9.30am – 5.00pm: Mon / Wed / Thu / Fri | 9.30am – 7.00pm: Tues
9.30am – 4.00pm: Sat | Closed: Sunday
Entries by Friday 23rd October 2026
www.shrewsburydrapers.org.uk



Royal Charter 1462
Shrewsbury Drapers Company
THE TEXTILE DESIGN COMPETITION 2026
On the theme
INSPIRED BY AN ARTIST
NOVEMBER 2026
Fri 6th – Mon 23rd November 2026
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www.shrewsburydrapers.org.uk



JOIN THE LUDLOW RFC!
USs TO COLTS ALL WELCOME!
EVERY SUNDAY FROM 10:00 AM
MAKE FRIENDS
TEAMWORK & LIFELONG FRIENDSHIPS
LEARN SKILLS
DEVELOP CONFIDENCE, FITNESS & SKILLS
HAVE FUN!
ENJOY THE GAME AND HAVE FUN!
BOYS USs TO COLTS
ALL ABILITIES WELCOME
GIRLS USs TO COLTS
ALL ABILITIES WELCOME
BE PART OF THE LUDLOW RFC FAMILY!
ANY QUESTIONS? GET IN TOUCH!
youth@ludlowrfc.co.uk
TURN UP. JOIN IN. BELONG.

NOTICES

MAKE IT BEAUTIFUL
THEATRE CO.

★★★★★
★★★★★
★★★★★

THE NAG'S HEAD

Welcome to The Spookiest Pub in Shropshire

Armed comedy by Robert Fugate, GARRISON & John Craigler

"This young troupe brings the chaos and the charm."
- Broadway Baby

Saturday 31st October, 7:30pm
Ticket: Adult £12, Child £5
SpA/C Theatre, Bishops Castle, SY9 5AY
Enquiries: 01588 638038
www.artsalive.co.uk

arts alive

"ONE OF THE BEST MOVIES OF THE YEAR"

★★★★ "INCREDBLY FUNNY"
★★★★ "DISTINCTLY WONDERFUL"

THE CHRISTOPHERS

THURSDAY 22 OCT 7PM

spacetheatre.co.uk 01588 638038 SpA/C, Bishops Castle SY9 5AY £9/4.50

HALF TERM Writing Workshops

Write your own chiller (age 10+)
Mon 26 Oct
2-3.30pm
Writing workshop with award-winning writer, Liz Hyder. **£10**

My Big Mouth (ages 8-12)
Wed 28 Oct
11-12pm & 2-3pm
A collaborative story making workshop with Steven Camden. **£7.50 (2nd child £2.50)**

Book: 01584 878141 | ludlowassemblyrooms.co.uk

BC&OV RUFC

YOUTH TEAM WANTED

PLAYERS AGED 12-16

WE ARE LOOKING TO START A JUNIOR TEAM, IF YOU'RE INTERESTED PLEASE GET IN TOUCH

CONTACT US ON MESSENGER OR RING BARRIE 07792707401

DofE Computer Coding & Touch-Typing Skills

SPARK4KIDS is a DofE Approved Activity Provider - Skills Section

Learn computer coding, games design (Python or Unity 3D/C#) or touch-typing. Gain your Duke of Edinburgh Skills award and bootstrap your digital future!

Tutor-led LIVE! online classes

- All levels including BRONZE, SILVER and GOLD
- Courses for 3 months, 6 months and 12 months
- Have fun completing your DofE Skills Sections
- Improve your logical thinking and creativity
- Expand your problem-solving ability

What participants say...

- "Not only is this a great way to do my DofE Skills section online, but it's also helping a lot with my GCSE's!" - Ayesha B.
- "This DofE Unity coding course is amazing! I've always wanted to build my own computer games, and now I'm learning to do just that!" - Tom Y.

Book today (limited spaces)
Book as a group and qualify for great discounts!
Details of discounts on our website. Pay monthly options also available.

Also check out our tutor-led online GCSE Computer Science courses
www.spark4kids.com/gcse

SPARK 4 KIDS

www.spark4kids.com
020 8090 1444
therlogspark4kids.com

4 ALL FOUNDATION PRESENTS

Carols IN Cellar

WITH Shrewsbury Male Voice Choir

An evening of festive music in a truly special setting

Tanners, Wyle Cop, Shrewsbury, SY1 1XD
28.11.26
7pm - 9pm
£15 per ticket

Glass of Fizz included

info@4all.foundation / 0800 321 3617
REGISTERED CHARITY NO. 1203479

LSC LUDLOW SWIMMING CLUB

DISCIPLINE CONFIDENCE FRIENDSHIPS OPPORTUNITY LIFELONG SKILLS

JOIN TODAY

LEARN IMPROVE BE INSPIRED DEVELOP ACHIEVE

JOIN LUDLOW SWIMMING CLUB

FUN • FITNESS • COMPETITIONS

YOU COULD BE LUDLOW'S NEXT OLYMPIAN

DEVELOP YOUR SKILLS MAKE LIFELONG FRIENDS COMPETE AT YOUR BEST BE PART OF SOMETHING SPECIAL

CONTACT OUR HEAD COACH TO ORGANISE YOUR FREE TRIAL
headcoach@ludlowsc.org.uk

Same Club. Brighter Futures.

ALL ABILITIES WELCOME

FLAMES NETBALL

PLAY. BELONG. BE FLAMES!

WE ARE RECRUITING FOR THE UPCOMING SEASON!

SCHOOL YEARS 10 & 11
AS AT 1 SEPTEMBER 2026

FRIDAY NIGHTS DURING TERM TIME CHURCH STRETTON LEISURE CENTRE JOIN A FRIENDLY, SUPPORTIVE AND AMBITIOUS TEAM

COMPETITIVE TEAM NETBALL DEVELOP YOUR SKILLS GREAT TEAM ENVIRONMENT REPRESENT FLAMES

LIMITED SPACES AVAILABLE!

EMAIL: hello@flamesnetball.co.uk FOR FURTHER INFORMATION

TEAMWORK • PASSION • DETERMINATION

Hockey Training

BISHOPS CASTLE HOCKEY CLUB

Join Bishop's Castle Hockey Club

Weekly Tuesday Training sessions for everyone

Fun and friendly sessions in The Community College Gym
Tuesday 7pm till 8pm
£4