

# Cranwell Primary School

# Christmas Events

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Here are some of the Christmas events we have planned for your diary. More to follow.

## Winter Fayre

Preparations for our Winter Fayre are well underway. The date is Thursday 27th November 2025 between 15:30 and 17:00.

If you wish to book a stall, please contact [enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk)

## Tombola Collection

Thank you for the parents who supported the PTA by sending in tombola prizes for Thursday. It is very much appreciated.

## Christmas Jumper Day

On Monday 1st December, We would like to invite your child to take part in celebrating the beginning of Advent. Please send your child to school in a Christmas Jumper (normal school trousers/skirt). There is no charge or donation required for this event.



## Foundation Stage & Infant Production

The Foundation Stage and infants will be performing their Christmas story through their Nativity on Tuesday 16th December at 14:15 and Wednesday 17th December at 09:45.

More details and how to book tickets to follow.

## Festival of Carols

On Monday 15th December 2025, classes 6H, 6B, 5B, 5P, 3/4R, and 3CO will be celebrating the Christmas story together.

Services will begin at 09:45 & 14:00 in the School hall, and we welcome parents to join us, for the occasion.

Information regarding Ticket ordering will follow soon.

## X-Mas Lunch

Christmas Lunch is planned for Wednesday 17th December. Please see Ideal Foods booking page to book a lunch.

## I want Technology for Christmas

**Asked Santa for a computer? Games console?**

**Have you set up the correct restrictions for your child's age group?**

**Remember to chat with your children on an ongoing basis about staying safe online.**

**Not sure where to begin? These conversation starter suggestions can help.**

Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

**Websites that can help you understand how to keep your child safe:**

<http://www.childnet.com/parents-and-carers>

<https://www.thinkuknow.co.uk>

<https://www.youtube.com/channel/UCxMnZ02Sl1Abtlhq-m3rrVQ>

## Wanted

Any unwanted Toys and games would be gratefully received by the school before Thursday 27th November. Thank you.





# Cranwell Primary School Newsletter

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### Mobile Phones and Watches

We do not support children bringing mobile phones into school, however we do realise that some older children need them for safety reasons if they are walking home alone. If this is the case, phones must be left with the class teacher during the school day.

The school is not responsible for damage or loss of phones.

We do not allow watches into school which take photographs or have communication capabilities. Please understand this is for Safeguarding purposes.

### Arriving Late

Our School gate will be closed promptly at 8.50am each day.

For the safety and security of our pupils, we kindly remind you that any children arriving after this time must be accompanied to the gate by a parent or guardian. Once at the gate, please call for access into the school. The parent will also need to sign the child into the register within the school office with the reason for being late.

Thank you for your cooperation in this matter. If you have any questions or concerns, please do not hesitate to get in touch with us.

### Road Safety

A reminder to please take care driving in and around the school area.

Please remember there is a 5mph speed limit on the drive.

Parking in and around school is often congested at drop off and collection times, as are most schools around England. I ask all parents that you always consider where you park when dropping off and collecting your children. Yes, you may think you are parked sensibly and your car is not in the way or 'not harming anyone' where it is, but can children cross safely where you have parked? Will your car make it difficult for other cars to get past? Please spare a thought for all the local residents living around the school perimeter, especially in Cherry Tree Crescent, Baghdad Road, Delhi Square and the Costcutter car park.

Please can we show full consideration and ensure we do not park on, or obstruct any driveways or paths. School are aware of Lincolnshire Police's visits to these areas and are warning parents they are issuing tickets where appropriate. Many thanks for helping to respect our neighbours.

### Exit on the Left

The one-way system in the morning is continuing to work really well with parents dropping their children off. Please make sure your child leaves their car via the passenger side of the car to avoid any accidents.

### Disabled Parking Considerations

We have limited disabled parking on the school premises, and we do have families who require these.

We are unable to enforce this but please be considerate and keep these spaces free for those that require them.

To avoid any misunderstanding when using the disabled bays, please display your Blue Badge.

We appreciate your understanding in this matter.

### Ordering Hot Meals

Please remember that infant classes are provided with Universal Infant Free School Meals. Please remember to order and outline any allergies. Children in Key Stage 2 currently can order hot meal lunches through Ideal School Meals, our food provider, or parents may wish to send in a packed lunch instead. Children in Foundation Stage and Key Stage One also receive a piece of fruit each day through a Government initiative.

### Healthy Snacks at Playtime

Just a gentle reminder that your child needs a healthy snack for break time and a water bottle to take into their class. Whilst some of the cereal bars do offer health benefits, they also contain a high level of sugar which is detrimental to your child's teeth, leading to tooth decay. Fresh fruit, vegetables, raisins or cheese for their morning snack are the best choices and we would ask children to save their other snacks for lunchtime. If your child has access to fresh water throughout the day, then they are able to remain hydrated and concentration levels are improved, aiding good progression.

### Lunches

If you want ideas on how to make a healthy packed lunch: [www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx](http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx)

...have got some great ideas for you, and in no time you'll have delicious lunchbox ideas for all the family.

Take the lunchbox list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!

### Allergies—Urgent! Please read!

We currently have a number of children in school who have severe allergies. Please can I ask parents to ensure that packed lunches or snacks **do not include nuts/peanut butter/sesame seeds, chocolate spread etc.** We also **have children who have a Coconut allergy.** This includes coconut based foods, cosmetics and other products e.g. sun lotion and hand cream.

Please make sure you contact school if your child has any new allergies. Many thanks for your support in this matter.

### Primary Parent's Online Safety Q & A event - Discover Your Child's Digital World

3rd December 6pm-7:30pm. Join the Stay Safe Partnership for an online safety event designed for parents. Learn the latest on: Age-appropriate apps and games, Online trends and social media and Parental controls and practical tools

Feel confident keeping your child safe while they explore online.

Sign up now: <https://www.tickettailor.com/events/staysafepartnership/1929114>

*It takes Courage and Perseverance to be able to have Success!*



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## Medical Info & Absences

If your child has a medical appointment, if possible, can you please send a note into the class teacher giving prior notice.

Please notify the school office of all absences either by email or phone, stating reasons.

## Contact Details

Please ensure that the school office is notified of any change in your contact details.

## Parentmail

Please remember to check your emails daily as school news and information will be sent via ParentMail. If you have not signed up or updated your email address, please do so via the school office: [enquiries@cranwell.lincs.sch.uk](mailto:enquiries@cranwell.lincs.sch.uk)

## Travelling to and from School

We openly encourage children to either walk or ride their cycles to school, but they must do so safely.

### Top Tips for Riding to School

- Ride with your children.
- Do not let your child ride to school if they are not riding with you, or not attending Bikewise Training, or not safe to do so alone.
- Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
- Ride on the pavement when you can.
- Use hand signals and follow the rules of the road.
- Wear bright colours and use lights, especially when riding at night and in the morning.

Please see below some useful websites to help you teach your child the rules about cycling:

<https://bikeability.org.uk/cycle-more/family-cycling/essential-cycling-skills-for-families/>

<https://www.raleigh.co.uk/gb/en/cycling-advice/riding-guide-cycling-to-school-safely/>

Please can we all help keep everyone safe by ensuring children dismount their scooters and bicycles as they enter the school grounds. Many thanks.

## Using a Private Tutor?

If you are considering using private tutors for additional support for your child make sure you undertake the necessary safeguarding checks required, for instance... ensuring the tutor has an up to date Enhanced DBS Certificate.

## Gaming and Gambling Harms

Free sessions for Parents, Carers and Professionals focusing on gaming and gambling harms

Ygam's recent report, in collaboration with Mumsnet, offers an analysis around parental concerns with their children's relationship with gaming. Please see the Independent article below and the full report can be found at [https://ygam.org/wp-content/uploads/2025/09/Children-and-Gaming-An-Analysis-of-Parental-Attitudes\\_Ygam-Mumsnet-2025.pdf](https://ygam.org/wp-content/uploads/2025/09/Children-and-Gaming-An-Analysis-of-Parental-Attitudes_Ygam-Mumsnet-2025.pdf)

<https://www.independent.co.uk/news/uk/home-news/teenage-boys-gaming-school-mumsnet-b2826614.html>

"Mumsnet users are increasingly worried about the amount of time their children spend on screens, and with limited first-hand experience of gaming, many parents find it challenging to understand the trade-offs between risk and reward." Mumsnet founder Justine Roberts

A reminder that Ygam are still offering FREE awareness sessions for parents and training sessions for all professionals that work with young people. There are many links between the world of gaming and gambling which can cause many harms to young people.

Ygam's Interim chief executive Helen Martin said: "Education has an essential role to play - not just for young gamers, but also for the adults who care for them - to help safeguard children and keep pace with our rapidly evolving digital world.

You could attend and signpost parents to pop onto one of the upcoming awareness sessions at <https://ygam.org/training/parents-carers/book-parents-carers/>

If you are a professional that works with young people and families, you can look at upcoming training sessions <https://ygam.org/training/> That includes those in social care, education, community groups, youth groups and more.

Rachael Hunt, Lincolnshire Safeguarding Children Partnership and Adult Board Training Team

## Anger Management in Children: how parents/carers can help

The NSPCC have published this page which you may find useful to share with some parents/carers in your school community if they are experiencing these issues- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>

LCC Safeguarding in School Team

## HMRC's Child Trust Fund (CTF)

Many young people aged 18-23 may have forgotten they have savings in a Child Trust Fund account. These accounts were set up by the government for children born between 1 September 2002 and 2 January 2011, with an initial deposit made into each account. The funds become available when the individual turns 18, and the average amount claimed is around £2,200 - yet hundreds of thousands of accounts remain unclaimed.

We're encouraging young people to check if they have a CTF and claim their money. They don't need to pay someone to do it, they can easily find their provider for free on [https://www.gov.uk/child-trust-funds/find-a-child-trust-fund?utm\\_source=email&utm\\_medium=stk\\_email&utm\\_campaign=ctf](https://www.gov.uk/child-trust-funds/find-a-child-trust-fund?utm_source=email&utm_medium=stk_email&utm_campaign=ctf)

Jayne Richmond, HMRC Communications

## If it Snows!

If you are unsure whether the school will be open on a day when it snows, please listen to BBC Radio Lincolnshire and Lincs FM, keep note of their respective websites and Parentmail which will all provide relevant information as to whether we are open or not.

A decision may not be made until 8am, therefore remain at home until the latest time possible to safely travel to school. Please note, even when these establishments are contacted by school, it can often take a considerable time for the information to be available for broadcasting or uploading.





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## LumiNova

**Lumi Nova** is a carefully designed app aimed at helping children between the ages of 7 - 12 manage feelings of anxiety. **Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust are providing free access to Lumi Nova to families living in Lincolnshire.**

Lumi Nova is a breakthrough digital therapeutic game for childhood anxiety, co-designed with children, parents, NHS clinicians, and experts in mental health, human-centred design, and ethical gaming technology. It empowers young minds to overcome mental health challenges and create life-long skills using highly immersive experiences that are self-guided, interactive, and fun.

Parents can register their child online or download the app.

### Who is Lumi Nova for?

**Lumi Nova is for 7-12 year olds facing difficulties with anxiety**, including:

- **Phobias** e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- **Social anxiety** e.g. Feeling worried about making new friends, going to social events.
- **Separation anxiety** e.g. Unable to sleep alone, worried about being away from parents, going to school.

Lumi Nova provides Exposure Therapy and should not be used with children who have severe anxiety.

Further information can be found at <https://luminova.app/> or <https://www.youtube.com/watch?v=mmgrU4zXU3M&scrlybrkr=72fa057e>

## What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life.

Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ★ **For 7-12 year olds**
- ★ **Supports mild to moderate fears, worries & anxiety\***
- ★ **Based on Cognitive Behavioural Therapy (CBT)** and provides Psychoeducation and **Exposure Therapy** - The gold standard of care for treating anxiety
- ★ **Safe, effective & easy to use**



\*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: [bit.ly/luminova-ifu](https://bit.ly/luminova-ifu)

## Using Lumi Nova can help your child:

- ✓ Learn **life long skills** on how to self manage their worries
- ✓ Learn how to **breakdown fears and worries into manageable steps**
- ✓ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✓ **Understand what worry and anxiety is** so they can learn to cope
- ✓ Talk about their own worries in a way that is **non-stigmatising**



To learn more visit: [luminova.app](https://luminova.app)



## Attendance

Supporting you to understand the new rules



A National Framework for Penalty Notices for school absences, including unauthorised leave of absences in Term Time, is being introduced following changes to the law.

These new government regulations will come into effect from **19th August 2024**.

### What are these changes?

If a pupil has **10 unauthorised sessions**, which is equal to **5 school days**, within a **10 week period**, a penalty notice may be issued.

This will come under 3 categories: First, Second, and Third offence.



### First Offence

The first time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

**£160** per parent, per child if paid within **28 days**, reduced to **£80** per parent, per child if paid within **21 days**.

### Second Offence

The second time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

**£160** per parent, per child to be paid within **28 days**. No reduced rate will be offered.



### Third offence and any further offences (within 3 years)

The third time an offence is committed for Term Time leave or unauthorised absences a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates Court.

Magistrates' fines can be up to £2500 per parent, per child. Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

For any further inquiries about school attendance please visit:  
[www.lincolnshire.gov.uk/school-attendance](http://www.lincolnshire.gov.uk/school-attendance)



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**WaitLess**

Don't wait.  
Download **WaitLess** now.

**NHS**

16 mins travel  
11 patients waiting  
longest wait 59 mins  
Total Wait  
1hr 5 mins

Avoid long wait times when you need urgent care

GET IT ON Google Play | Download on the App Store

## Make Use of your Pharmacy

NHS Lincolnshire ICB is encouraging people to talk to their local pharmacy for advice on medications and treatments – and how to take them safely.

Information about which pharmacy is open over the weekend can be found here <https://www.nhs.uk/service-search/find-a-pharmacy/>

Pharmacists are highly trained experts in medicines, and can provide advice on the best medication or treatments for a wide range of common winter health problems such as coughs, colds or flu-like symptoms, stomach aches, earaches, sickness and diarrhoea, rashes, allergies, aches and pains

They can also offer lots of useful advice on how to make sure you take medicines safely and make you aware of any possible side effects, in order to help you get the most from your medicines.

While most people go to their pharmacy for medicines and medicines advice, many don't know about the range of other healthcare services they offer, including personalised medicines advice, help to quit smoking and to maintain good sexual health, treatment for minor ailments and advice on preventing disease.

A uniquely accessible workforce of qualified health professionals, in addition to delivering expert medicines advice, pharmacists are able to offer an expanding list of public health services, such as free flu vaccinations for vulnerable at risk groups, and they are available without appointment.

Pharmacists are able to deal with a wide range of ailments, as well as offering advice on maintaining and improving your health, and the majority now have consultation rooms where they can talk with you in private. In addition, pharmacists are trained to know when a referral to another health care professional is advisable.

With this in mind, patients, their families and carers are being encouraged to follow these five simple steps when speaking to a pharmacist:

Feel free to ask your pharmacist anything at all about your medication, health or wellbeing. Remember - they're trained health professionals, and if it's important to you, it's important to them.

If you're visiting your pharmacy to get treatment for a minor ailment, be clear about your symptoms – what are they, and how long have you had them. This will help ensure they are able to give you the best advice possible.

If you think the medication or advice given isn't right for you, let them know. They won't be offended and should be able to reassure you, clarify information, or discuss any alternatives.

If you find anything is unclear about the advice your pharmacist has given you, say something. One way to do this is to repeat back what you think they mean and ask "is this correct?"

If you want to talk to the pharmacist in more depth, ask if you are eligible for their free of charge NHS medicines advice services, designed to help you get the most out of your medicines.

Pharmacies may also be able to offer treatment and some prescription medicine for certain conditions, without you needing to see a GP (this is called Pharmacy First). Conditions they can treat as part of Pharmacy First are:

earache (aged 1 to 17 years), impetigo (aged 1 year and over), infected insect bites (aged 1 year and over), shingles (aged 18 years and over), sinusitis (aged 12 years and over), sore throat (aged 5 years and over), urinary tract infections or UTIs (women aged 16 to 64 years)

If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice, treatment or refer you to a GP or other healthcare professional if needed.

They will then update your GP health record.

If you are not within these age ranges, a pharmacist can still offer advice, but you may need to see a GP for treatment.

Your local pharmacy can also offer free health checks, stop smoking support, blood pressure testing and much more with no appointments needed.

If you need more urgent medical help or advice over the half term you can always visit NHS111 online or call NHS 111 anytime.





# Cranwell Primary School *Newsletter* Page 7

## Your guide to health services in Lincolnshire



### Self Care

Treat aches, pains, coughs, and colds at home. Stock up your medicine cabinet with over the counter remedies.



### Pharmacy

Visit your local pharmacy for advice on minor injuries, allergies, constipation, headaches, cold and flu symptoms, and earache.



### Your GP Practice

Contact your GP practice about symptoms that aren't going away. They can offer you an appointment or signpost you to other services.



### NHS 111

If you have an urgent health need but are not sure what to do, think NHS 111.

Call 111 or visit [111.nhs.uk](http://111.nhs.uk). Available 24/7.



### WaitLess

Download the WaitLess app to view live waiting times, queue numbers and travel-time information for our urgent care facilities.



### Urgent Treatment Centre

Seek help for sprains, fractures, minor burns, and skin infections. Simply walk in or book an appointment via NHS 111.



### Dental Treatment

For urgent dental care please contact your normal dental practice, or for advice out of hours call NHS 111.



### Mental Health Crisis

If you are worried about your mental health, call 111 and choose Option 2. Available 24/7

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.

**For more information visit [www.nhs.uk](http://www.nhs.uk)**



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## ONLINE SAFETY Q+A PRIMARY PARENTS



Lincolnshire  
COUNTY COUNCIL  
*Working for a better future*



**WEDNESDAY 3<sup>RD</sup> DECEMBER  
6 - 7:30PM  
MICROSOFT TEAMS EVENT**

**Discover the Digital World Your Child is Navigating!**

Join the Stay Safe Partnership for an essential online safety event for parents.  
We'll provide the latest information and practical tools to help you:

- ✓ Understand what your child experiences online
- ✓ Use parental controls effectively
- ✓ Navigate age-appropriate apps, games, and social media
- ✓ Ask your burning questions about online trends and risks

**Feel confident keeping your child safe while they explore the online world.**

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**<https://www.tickettailor.com/events/staysafepartnership/1929114>**