

The Weekly Bulletin

Inspire, Create, Discover, Together

For more news updates, follow us on the X platform
(formerly known as Twitter) @BarrowCEVC_Sch

Snapchat Information

In recent weeks we have needed to have conversations with children and parents about inappropriate communications via the app, Snapchat amongst some children. I would like to offer a gentle reminder that Snapchat has a **13 year old and above age limit** due to many associated risks. Similar to other social media platforms, common risks on Snapchat include:

- contact from potentially harmful strangers
- seeing inappropriate content
- endless scrolling (or 'doom scrolling')
- bullying, harassment or hate from both friends and strangers
- disappearing messages, which can make it hard to collect evidence in cases of bullying or similar behaviours.

We strongly recommend that all mobile phone use is closely monitored by parents, apps that children can access are age appropriate and their use and activity on these apps are respectful to all.

Mrs Woodland - Safeguarding & Pastoral Lead

Tennis Tournament Success

Congratulations to our KS2 Tennis Team who were runners up at the Bury St Edmunds Tennis Tournament this week! It was a really great performance to reach the final.



Dates for Your Diary

April

24th - Phonics Check Info Session for Y1 parents
2.45pm

25th - South Angle Farm trip - Reception

May

1st Church Garden Dig - see poster

2nd Mental Health Awareness course for adults

6th Bank Holiday

13th Year 6 SATS Week

Money Coaching Sessions

As high costs continue to put pressure on households, West Suffolk Vineyard Church and Lightwave are offering free money coaching to help people manage their finances. West Suffolk Vineyard Church and Red Lodge Lightwave has been providing expert financial education with CAP for over 10 years, helping many local people to better manage their money. Now, they are launching a refreshed version of the course to help people cope with the rising cost of living. A three week coaching programme will be running from Barrow School in April for families in the local community. **Please sign up via the form on ParentMail if you are interested.** Dates as follows:

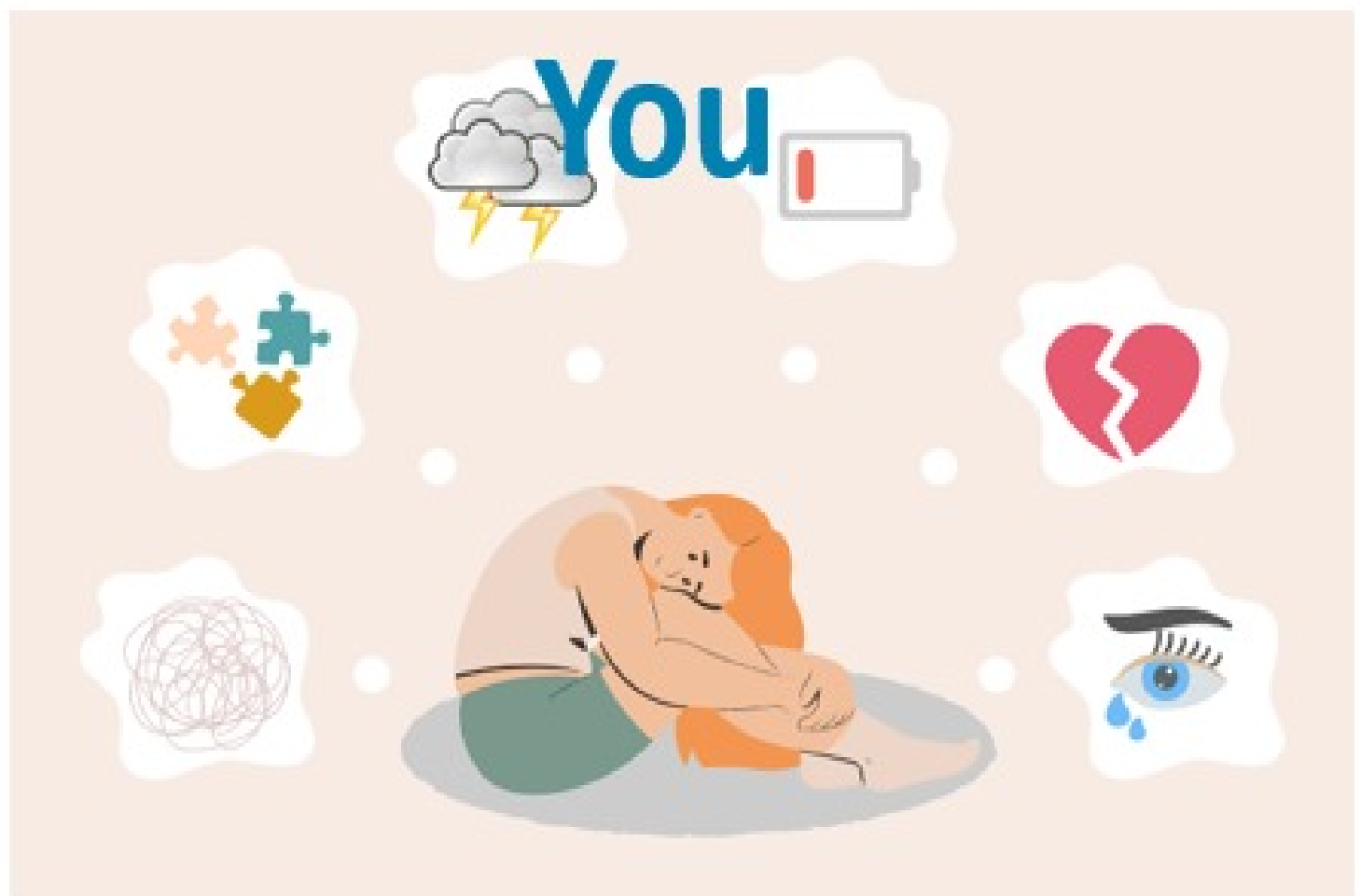
Tuesday, 23rd April - 9.30am to 11am Tuesday, 30th April - 9am to 10.30am

Tuesday, 7th May - 9am to 10.30am



I have come that they may have life and have it to the full – John 10:10

Make Time For



Mental Health Awareness Thursday 2nd May 9.30am – 2.30pm

Join us for this one-day Mental Health Awareness workshop at Barrow Primary

School. During this session some of the areas discussed will be:

- What is meant by mental health.
- The social and personal effects of mental ill health.
- The responses to mental health issues.
- Cultural diversity in relation to mental health issues
- You will also be given access to a short online Mental Health Awareness course

The Courageous Advocates

INVITE YOU TO SUPPORT US IN OUR

Butterfly Garden



BIG BUILD

Wednesday 1st May 2024

1pm-3pm at the churchyard of All Saints Church, Barrow



Please bring digging and construction equipment (spades, rakes, mallets, secateurs, gloves) so that we can clear the ground, build the butterfly shape and begin planting!

Please let the office know if you're planning to join us!

B THE BARROW BENEFICE
Churches of Barrow, Denham, Risby, Great & Little Saxham

'Sunday @ 10' Cafe Church

Barrow School Hall

10.00am Sunday 2nd June



Informal Cafe Style Worship

with drinks and pastries

Everyone Welcome 0-100yrs

For further information contact Revd Nicola Grieves 07515721172

We All Think Differently

LET'S CELEBRATE OUR DIFFERENCES



An evening with Dr Mosley & Dr Emmi to discuss all things neurodiverse.

Perfect parents and carers, raising children presenting traits diagnosed or not.

The evening will be split into two parts, the first hour Dr Beth and Dr Emmi will share why neurodiverse children may struggle with their emotions, providing you with tips on how you can support your child in this area.

In the latter part of this seminar, Dr Beth and Dr Emmi will focus on answering the audience's questions, which will help build relationships and further understanding of your new found knowledge.

Saturday 11th May, 7:00PM

TICKETS: £20

The Loft Wellness Centre

This event is in no way affiliated with Dr Mosley and Dr Gwaspari's roles in the NHS



JUNIOR CRICKET

FOR BOYS & GIRLS

2024

ALL SKILL LEVELS WELCOME NO EXPERIENCE REQUIRED COME ALONG MAKE FRIENDS, LEARN NEW SKILLS & HAVE FUN!!



RUNNING ON **TUESDAY** EVENINGS FROM 14TH MAY - 23RD JULY
6.15PM - 7.30PM WITH MULTIPLE ECB LEVEL 2 COACHES, EQUIPMENT PROVIDED (U6 - U17)

23RD
APRIL

REGISTRATION SIGN UP NIGHT

14TH
MAY

TRAINING BEGINS

23RD
JULY

TRAINING ENDS

£55

COVERS ALL SESSIONS

(SIBLING DISCOUNTS AVAILABLE)

FOR MORE INFORMATION CONTACT
RUWAN PITIGALA ON

[JUNIORS@NEWMARKETCRICKETCLUB.CO.UK](mailto:juniors@newmarketcricketclub.co.uk)

OR VISIT: WWW.NEWMARKETCRICKETCLUB.CO.UK

SESSIONS TAKE PLACE AT OUR HOME GROUND,
DULLINGHAM SPORTS FIELD, STETCHWORTH
RD, DULLINGHAM, CAMBRIDGESHIRE CB8 9UJ

INSTAGRAM: [NEWMARKET_CRICKET_CLUB](https://www.instagram.com/newmarket_cricket_club)

Supporting a Child with ADHD

Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session that explores this topic and challenges stereotypes.

facefamilyadvice.co.uk

(7pm to 9pm) £24

Book now via the website

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?
Would you like to know what anxiety is and gain some understanding on how to manage it?



A two-hour online talk delivered by
Jane Keyworth, Lead Facilitator at **FACE**

THURSDAY 2nd MAY 7-9PM £24

Available to book now facefamilyadvice.co.uk