



The Weekly Bulletin

Inspire, Create, Discover, Together

Futsal Fun for Upper Key Stage 2

This week saw our Year 5 & 6 classes continue to enjoy even more extra sports opportunities to enrich our PE curriculum with a visit by Mr Moyle from the PE Department at King Edwards School. Mr Moyle



ran the first ever futsal session in school for our Upper Key Stage 2 classes. During the taster sessions, the children focused on developing skills for this fast and fun version of football before putting them into practice with a game.

Dates for your Diary

February

- 1st FoBs AGM at 9.30am
- 4th NSPCC Dress Up for Digits Day - see attached information
- 10th Year 6 Trip to UK Parliament
- 10th Year 1 Trip to Sedgewick Museum
- 15th Year 2 SATS Information Session - 6pm
- 17th Year 6 SATS Information Session - 6pm
- 21st Half Term

Covid Update

Unfortunately, we have seen some disruption in school this week due to the number of covid cases we currently have among staff and children. Nationally, infections from the Omicron wave are plateauing. At the time of writing, however, 184 schools and Early Years settings in Suffolk have declared outbreaks of Covid-19; 105 of these outbreaks are currently at level 2 and 79 are at level 3 (in line with the Suffolk's Public Health Education and Early Years Framework). The infection rate in Suffolk within the 0-19 cohort is currently significantly above both the East of England and National rate. As we know from our own experience, this is causing continued disruption in schools and Early Years settings right across the county.

We will continue to use the different tools available to us e.g., increased ventilation, face coverings, testing as outlined by the contingency framework in order to manage our current outbreak and during this next chapter of learning to live with covid. **We would like to thank all of our families for the resilience and support you continue to show during these extraordinary times.**

5* Kitchen Rating

Chef Charlotte and her kitchen team received an unannounced visit from an Environmental Health Officer this week to check the cleanliness of our school kitchen. We were delighted to receive another 5* rating for our kitchen facilities. It's great to have a 5* kitchen to match the 5* food the team serve every day!

Premier Sport Clubs

Premier Sport are keen to hear from parents who would like to voice their opinion on what sports they would like to see offered next half term as part of the Premier after school offer. The Premier team have created a questionnaire for parents to complete. This will enable them to identify most popular clubs and decide what offer for the next half term.

Please find below the link to the questionnaire.

<https://forms.gle/JzX6Z4ShrtJMW3589>

It's business as usual at Barrow...

How to build resilience and emotional health in children

Our top tips



Practical ways

Reception enjoyed maths in the wildlife area by building 10's frames from sticks.



PIC•COLLAGE



PIC•COLLAGE

Year 1 became palaeontologists for the afternoon as they learnt about the life of fossil hunter Mary Anning in History.

Year 2 have been printing with natural objects in their Art & Design lessons.



PIC•COLLAGE

1

Build positive relationships

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.

- Give them space to spend quality time with their network of friends and loved ones.
- Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.

2

Build emotional awareness

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.

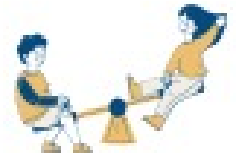


- Encourage them to get to know who they are and what values they hold.
- Give them lots of positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.

3

Build independence

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.



4

Build confidence

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

- Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.

5

Get support

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at askus@familylives.org.uk or chat to us online.

- Help them list all the things they are good at including being kind, helpful and loving and show them why these attributes are so essential in life.



Find out more
www.familylives.org.uk

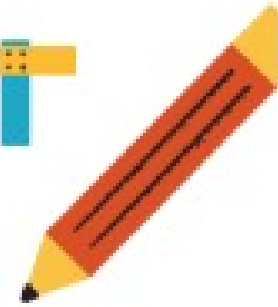


Barrow CEVC
Primary School

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NSPCC

Number Day



Dress up for Digits

We are delighted to be supporting the NSPCC by taking part in their Number Day on **Friday 4th February 2022**.

We will be having lots of maths and number fun at school to raise money to support the NSPCC. We will be taking part in Dress up for Digits and pupils will be invited to wear an item of clothing with a number on it. Or why not get more creative as a dice or calculator!

To help raise money for the NSPCC, we are asking for a suggested donation of £1, and we would love everyone in the school to take part in this special event.

