



Friday, 8th September 2023

The Weekly Bulletin

Inspire, Create, Discover, Together

Welcome Back!

It has been an absolute delight to have the children back in school this week and see them getting into the swing of things so quickly! Our new Reception children have settled in tremendously well and we look forward to having them full time in school from next week.

As the weather is set to continue to be warm and sunny, please make sure your child has a sun hat and water bottle in school next week.

Mobile Phones - Yr 4, 5 & 6

We would like to remind all families of our older children that pupil mobile phones should only be brought into school if children are walking to school alone or walking home alone and they need to have a phone in case of an emergency.

If your child fits the above criteria, please complete & return the permission form emailed yesterday.

PE Uniform Reminder

Indoor P.E

Plain red T-shirt (with or without school logo)

Plain black shorts

White socks for games

Appropriate training shoes/plimsoles

(For games the children may also wear a black tracksuit)

Outdoor P.E.

Plain black jogging bottoms

Plain Red sweatshirt or school fleece

Black sports skins can be worn under indoor PE kit.

Trainers

Home Learning

Home learning will be set in all year groups from next week. Please look out for separate information from Mrs Smith via email about home learning across the school. Home learning can be accessed from your child's Google Classroom account. Please contact the office asap if you are having any issues logging in.

Whole School Notices

- **Data sheets** - the office will be issuing new data sheets for parents to complete and return in the coming days. Please look out for these and send them back into school as quickly as possible so that we can update our records. This is a safeguarding requirement and so speedy responses would be very much appreciated.
- **Meet the Teacher Sessions** - please look out for the information regarding meet the teacher sessions in Years 1-6 next week. **Teachers will be giving a short presentation at each session starting at 2.45pm.**
- **Year 3 Snack** - a fruit snack is not provided for children in Key Stage 2. For those children who are now in Year 3 who would like a snack, please provide them with a piece of fruit to bring into school each day.
- **Google Classroom** - please keep any eye out for class updates in each year group's stream. The staff have been sharing photos and news from our return to school activities.
- **Uniform Reminder** - please note that nail varnish is not allowed in school as part of our uniform policy.
- **Book Amnesty** - if you have any reading scheme or library books at home, please return them to school asap so that we can replenish our library stocks. Thank you.
- **Communicating with Staff** - if you need to email your child's class teacher, please do so through the school office email address at admin@barrow.suffolk.sch.uk

The Safeguarding Team

Our Safeguarding Team from September 2023 is made up of the following members of staff and governors:

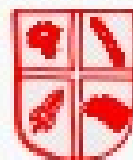
Designated Safeguarding Lead – Mrs Woodland

Alternate Designated Leads – Mrs Ashe & Miss Fairweather

Designated Safeguarding Governor – Mr Andrew Wilson
(Vice Chair of Governors)

barrow bear cubs

A group for parents, babies and toddlers



Barrow CEVC
Primary School

Imagine, Create, Discover, Together

We're restarting 14th September 2023!



Where?

Barrow School Hall

When?

Every Thursday Morning
9.00-10.15am during
term time

Who?

0-4 years

All welcome

Chance to play, meet other
local parents and meet
Reception staff over a cup
of tea and biscuit!

To find out more, contact the school on 01284 810223 or email us at
bearcubs@barrowcevcprimaryschool.co.uk.

school+nurses



The School Nursing team are here to support you.
A step forward, no matter how small, is a step in the right direction.

[suffolk.gov.uk/schoolnursing](https://www.suffolk.gov.uk/schoolnursing)

New Animation Video

An introduction to the school nursing service, the support we provide and how to get in contact. <https://www.youtube.com/watch?v=hmrr9zFT6tk>

ChatHealth

Young people- If you are aged between 11 and 19, you can confidentially text ChatHealth to ask for help about a range of issues or make an appointment with a school nurse. You can also find out how to access other local services including emotional support or sexual health services.

Parents- If you are a parent or carer of a young person, you can use ChatHealth to seek help, advice or support about a range of issues which maybe affecting you or your child.

Text a School Nurse on **07507 333356**. Texts are charged at your standard network rate. The service is available **Monday to Friday, 9am to 4:30pm**, excluding bank holidays.

Website

Visit the newly updated School Nursing website where you will find lots of information, resources and videos www.suffolk.gov.uk/schoolnursing or via the below QR code.

Suffolk School Nursing Service

Health Business Centre

Allington Clinic, 427 Woodbridge Rd, Ipswich, IP4 4ER

Directorate of Health, Wellbeing and Children's Services

Suffolk County Council

Tel: **0345 607 8866** Email: childrenshealth@suffolk.gov.uk



text 07507 33 33 56

Childhood Neurodiversity PST Workshop Programme

Parent/Carer Workshops 2023 – 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: Understanding and Managing Behaviour

When distressed, neurodiverse children and young people may show behaviours that challenge the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodiverse children with behaviours of distress.

Thursday 7th September 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: The Impact of Early Life Stress

The workshop explores the impact of early life stress, or traumatic experiences, on childhood development. It will consider the similarities and differences between neurodivergent traits and the impact of early life stress and discuss neurodivergent children's vulnerability to early life stress.

Tuesday 10th October 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Sensory Needs

What are the different sensory systems? What might sensory processing difficulties look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Monday 6th November – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Eating Difficulties

This workshop is for parents/carers concerned about their neurodivergent child's limited diet (i.e. avoiding or restricting certain foods). We will explore why children may struggle to eat, anxiety around eating and how parents/carers can support children with these eating struggles. This workshop is not aimed at parents of children whose eating difficulties relate to body image concerns.

Thursday 7th December – 13:00 [Book Here](#)

Childhood Neurodiversity: Supporting Language and Communication

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 [Book Here](#)

bse ttc

Bury St. Edmunds Table Tennis Club

A Table Tennis England Premier Club

Calling all Table Tennis Players - Welcome to the 2023/24 season

We are a vibrant and successful club with members from 8 – 80, diverse and inclusive. Whether you are an existing club member, wanting to play again after a break, or a beginner, you will be sure of a friendly welcome. The 2023/24 season starts week commencing 4th September 2023.

Where?

Lower Hall King Edward VI School
off Spring Lane
Bury St. Edmunds IP33 3AP

When?

Adults Fridays 7:00 – 9:00pm
Juniors Thursdays 6:30 – 8:30pm
(1 or 2-hour sessions,
age 8 – 19 years)

How Much?

Annual Membership
Seniors (20+ years) £26.00
Juniors/Students £16.00

Session Fees

Senior Members £5.00 /session
Senior Non-Members £6.50 /session
Juniors – 1 hour £3.00 /session
Juniors – 2 hours £4.50 /session

Junior of the season
2022-23



Chairman's Special Award
Winner 2022-23



Most Improved Junior
Winner 2022-23



At BSETTC you can: Be inspired; Be engaged; Enjoy and Achieve

For more information contact:
John Waters 07773 285577
hopbines@btinternet.com



Come and play BADMINTON
- good fun and great exercise



Every Friday - Juniors and Adults
- everyone made welcome
St. Phillips Newmarket A.B.C.

at Newmarket Leisure Centre, Exning Road, CB8 0EA

"Little Shots" Junior Badminton Club

Structured coaching / fun sessions for children aged from 6 to 18 years.
Coaches are qualified & DBS checked. Covid safety measures in place.

5.00p.m. – 6.00p.m. (ages 6 to 11) and 6.00p.m. – 7.30p.m. (ages 11 to 18)

Adult club 7.30p.m. – 9.30p.m.

For more details please contact John Harvey -
Email: jhjohnharvey@aol.com or Mobile: 07739 392312.

FREE DANCE CLASSES FROM THE ROYAL BALLET SCHOOL

CREATIVE INTRODUCTION TO BALLET

28 places available to
all children entering
Year 3 in September,
no experience needed!

FUN AND INCLUSIVE

Five weekly workshops at:

King Edward VI School, IP33 3BH
Thursdays, 16.00 - 17.15
21 September - 19 October 2023

After these workshops, some children
may be invited to join our Primary Steps
programme until the end of Year 6.



[CLICK HERE TO REGISTER YOUR INTEREST](#)

TENNIS

FREE TRIAL & T-SHIRT
ON SIGN-UP FOR NEW
JUNIORS!

NEWMARKET URC – NUTC

- Juniors from 4–16
- Adults from 17+
- Fun, social, engaging
- LTA professional coaches
- All abilities
- Rackets provided

AUTUMN TERM BOOKING NOW!

www.fullswingtennis.co.uk

07915 876595

NUTC Tennis Club, Behind 73/75 Duchess
Drive, Newmarket, Suffolk, CB8 8AJ

Public consultation on the **Barrow-cum-Denham Neighbourhood Plan**



Barrow-cum-Denham Parish Council has been preparing its draft Neighbourhood Plan for formal submission to West Suffolk District Council later this year. We have written to all residents to give you advance notice of our consultation period which will commence on Tuesday 12 September 2023.

Barrow-cum-Denham has a strong sense of its own local identity and community values, and through the production of a Neighbourhood Plan, seeks to set out a clear pathway into the future to strengthen and secure the long-term integrity of the Neighbourhood Plan Area. The Neighbourhood Plan Area covers the settlements of Barrow, Burthorpe and Denham, and the rural hinterland around these settlements.

How can I view the Neighbourhood Plan and have my say?

Online: When the consultation launches on Tuesday 12 September, a website will go live, containing information on the draft plan and a digital feedback form. You can access this website by scanning the QR code below, or typing in www.barrowsuffolkNP.co.uk.

Please note that you will not be able to access the website until 12 September when this consultation launches.

In Person: We will also be hosting a community planning day on **Saturday, 16 September at the Village Hall from 11am to 4pm**. All residents are invited to attend, and feedback forms will be provided.

If you are not able to access the website nor attend the community planning day, draft plan documents will be available to be viewed at the Post Office at Matts Store. A hard copy can be requested for viewing by arrangement - please contact:

Cllr Ralph Rawlings on **07790 805613** or email ralph.rawlings@barrowcumdenhampc.com.

What is a Neighbourhood Plan?

Neighbourhood planning was introduced in the Localism Act 2011. It is an important and powerful tool that gives communities statutory powers to shape how their communities develop.

In very simple terms, a neighbourhood plan is:

- A document that sets out planning policies for the neighbourhood area - planning policies are used to decide whether to approve planning applications
- Written by the local community, the people who know and love the area, rather than the local planning authority

Consultation dates

**Tuesday 12 September
to Tuesday 24 October 2023**

Scan the QR
code to access
the website
from Tuesday
12 September



www.barrowsuffolkNP.co.uk