



# The Weekly Bulletin

Inspire, Create, Discover, Together

## Zones of Regulation

We want our children at Barrow to grow into successful teenagers then adults. Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical well being.

At Barrow Primary School, we use a resource called the **Zones of Regulation** throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. In the classroom, sometimes children panic when faced with a tricky learning problem or challenge. By teaching them how to cope with these feelings might make them better at tackling learning challenges and build better resilience so they don't give up so easily when faced with difficulty.

Further information about Zones of Regulation is attached to the this bulletin.

## Dates for Your Diary

### September

18<sup>th</sup> St Benedict's School talk to Y6 families- 3.15pm

19<sup>th</sup> Meet the Teacher - Y 4 at 2.45pm

21<sup>st</sup> FoBs meet & greet for EYFS parents 2.50pm

27<sup>th</sup> - Harvest Festival at the Church - 9.30am

29<sup>th</sup> 'Settling in Reports' out for Y1-Y6

### October

2<sup>nd</sup> School clubs start

3<sup>rd</sup> Open Event for prospective EYFS parents

11<sup>th</sup> Reception Parent Consultation Meetings

17<sup>th</sup> Year 2 History off the Page Day

19<sup>th</sup> Year 4 West Stow trip

19<sup>th</sup> EYFS Reading Meeting

23<sup>rd</sup>- 27<sup>th</sup> Half Term

30<sup>th</sup> - PD Day

## Whole School Notices

- **Home Learning Update** - home learning will be set in all year groups from this 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 as soon as possible if you are having any issues logging in.
- **Nut Allergies** - please note that we are a nut free school. We do not allow nuts or nut products in packed lunches or snacks from home.
- **IT Support** - if you require support with Google Classroom, please contact our IT technician through the link on the front page of the school website.
- **Administering Medicines in School** - both prescription and non-prescription medication will only be administered in school when consent forms have been completed. All medication must be handed in at the office.
- **Reception Parent Consultations** - These meetings will take place remotely via our digital platform, Schoolcloud, on Wednesday, 11<sup>th</sup> October. The EYFS team will be in touch with details of how to book your appointment.

**barrow**  
**bearcubs**  
A group for parents, babies and toddlers

 Barrow CEVC  
Primary School  
Inspire, 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!

## Charity Cycle Success

George (Y4) and Henry (R ) spent last Sunday doing a sponsored cycle ride for Suffolk Churches. They have been busy practising their road cycling skills over the summer in preparation for their challenge.



George and Henry both successfully cycled an amazing 18.5 miles to 6 different churches around the local area. The whole family were so proud of them and couldn't believe the distance they managed on their little bikes without gears! Everyone had a super day despite it being so hot.



## Barrow CEVC Primary School

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### FoBS fundraising target 2023/24

# £1,500

We have been asked if we could raise £1,500 for a new Reading Shed, stocked with books and equipped with comfortable bean bags.

The shed is designed to give children a space to read quietly or share books with their friends. As it develops over time, we hope to keep our reading news, book reviews and a wide variety of books inside to entice children in.



We are now busy planning events to raise money for this exciting development. We look forward to sharing our planned events with you shortly. In the meantime please do get in touch via the office if you would like to get involved or have any suggestions.

Thank you 😊



# Barrow CEVC Primary School



INSPIRE, CREATE AND DISCOVER TOGETHER



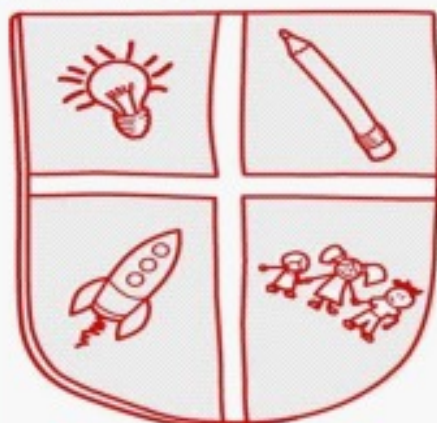
## Open Event

**Tuesday, 3<sup>rd</sup> October 2023**

If your child was born between 1st September 2019 and 31st August 2020 they will start school in September 2024. The deadline for applications is January 2024. We understand how important choosing the right school is and so we would like to warmly invite you to visit our school and experience for yourself the quality of education we offer.

**The school will be open to visitors from 3.30pm to 5.30pm.**

Please contact the school office to register your interest in our open event for prospective Reception parents. We will be pleased to give you a tour and answer any questions you may have.



**Barrow CEVC Primary School**

Barrow, Bury St. Edmunds, Suffolk IP29 5AU

Telephone: 01284 810223 Fax: 01284 811977

Email: [admin@barrow.suffolk.sch.uk](mailto:admin@barrow.suffolk.sch.uk)

Web: [www.barrowcevcprimaryschool.co.uk](http://www.barrowcevcprimaryschool.co.uk)





# Reading and Phonics Workshop

How can  
I help my child with  
reading?

## What is Phonics?

How is reading taught  
at school?

Join us to find out how we teach reading and phonics at Barrow and how you can best support your child develop this essential skill.

**Thursday 19th October 2023**

**2.00pm-3.00pm**

**School Hall**



# COMMUNITY PANTRY

**ALL SAINTS CHURCH, BARROW**

*Available to anyone struggling to make ends meet. For those who can, please donate non-perishable items to the church by dropping them off at the designated location.*



**Please take what you need,  
and leave what you can.**

*Serving our communities and sharing God's  
love & generosity*



# OCTOBER HALF TERM TECH CAMP

AT  
**CULFORD SCHOOL, IP28 6TX**

**23RD OCT - 3RD NOV**

**AGES 5-11 | £49 PER DAY  
9AM - 4PM DAILY**

**BOOK 5 DAYS  
ONLY PAY FOR 4**

**CHILD CARE VOUCHERS  
ACCEPTED**

[www.nextthing.education](http://www.nextthing.education)

## OCTOBER HALF TERM 2023

What's on?

**WEEK 1** **ROBOTS, VR & TECH FUN**  
Program robots, design games, model 3D creations, learn to mix like a Pro DJ ... plus **MEGA LASERTAG!** Explore, experiment and ignite the imagination with this exciting week full of with tech fun!

**WEEK 2** **MINECRAFT & LEGO ENGINEERING**  
Dive into Minecraft Education - design elements of the game, build redstone circuits and learn coding fundamentals. Build engineering skills using Lego bricks, sensors and motors to create crazy inventions powered by code.

*Different activity theme each day, please check website for your camp activities*

**23RD OCT - 27TH OCT LIMITED SPACES**  
**30TH OCT - 3RD NOV LIMITED SPACES**

  
"My kids loved it and we've rebooked for the next camps in October. The staff were also super helpful. Would 10/10 recommend!"  
St Bernadette Primary School  
★★★★★



**SPECIAL OFFER**  
**BOOK 5 DAYS  
ONLY PAY FOR 4**

**What to bring to camp**

-  Packed Lunch and Snacks (NOT FREE)
-  Water Bottle
-  Medication If Required
-  Halloween Costume (Friday Optional)

[www.nextthing.education](http://www.nextthing.education) E: [info@nextthing.education](mailto:info@nextthing.education)  
T: 01442873150

## FREE FOOTBALL TRAINING

FOR RECEPTION AND YEAR 1 CHILDREN  
BOYS & GIRLS 6.15-7.15PM

 **Scan me!**





**First Introduction to football**  
STARTING FROM THE 8TH SEPTEMBER  
EVERY FRIDAY AT CULFORD  
**Come and join the fun!**