



Friday, 6th October 2023

The Weekly Bulletin

Inspire, Create, Discover, Together

Online Safety Agreements

At Barrow Primary School, we take online safety very seriously. We celebrate Safer Internet Day each year which helps us understand how to stay safe when using the internet. We also regularly incorporate e-safety work into our curriculum, to ensure that the children have a clear understanding of how to use the internet safely and appropriately.

On Friday 6th October, your child will be sent an 'e-Safety Agreement' via Google Classroom. Please ensure that they read and agree to some simple online safety rules in school on the Google Form provided. Once they have read and agreed the statements, your child's class teacher will be notified as they will 'submit' the form, as they do with home learning.

Please look out for a Parent e-safety agreement which we will share on Parent Mail next week.



Whole School Notices

- **Water bottles in book bags** - please could we ask that water bottles are stored separately from school library and reading books in the children's bags. Spillages often occur and our book stock is being damaged as a result. We may ask for payment if books are beyond repair. Many thanks for your help with this.

Dates for Your Diary

October

- 9th Year 2 trip to West Suffolk College
- 11th Reception Parent Consultation Meetings
- 17th Year 2 History off the Page Day
- 18th Pop up Coffee Morning - details to follow
- 19th Year 4 West Stow trip
- 19th EYFS Reading Meeting
- 23rd- 27th Half Term
- 30th - PD Day

Pupil Leadership Team

We announced our new Senior Pupil Leadership Team from Year 6 this week. The whole school took part in a democratic process to choose our Head Pupils.

After listening to their amazing speeches in assembly last week, the combined votes of the staff and children elected Lochlann and Millie as our Head Pupils and Emily and Freddie as the Deputy Head Pupils. A number of other candidates have been awarded Senior Pupil status. We are looking forward to seeing their contributions to the leadership of the school in the coming months.





LOOKING AFTER YOUR EMOTIONAL HEALTH AND WELL-BEING IS IMPORTANT FOR STAYING MENTALLY HEALTHY

HERE ARE 10 TOP TIPS



TALK ABOUT YOUR FEELINGS

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

EAT WELL

There are strong links between what we eat and how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.

KEEP IN TOUCH

Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and help you solve practical problems.

TAKE A BREAK

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your bedroom, walking the dog, going for a run or a weekend exploring somewhere new with friends and family. A few minutes can be enough to de-stress.

ACCEPT WHO YOU ARE

Some of us make people laugh, some are good at maths, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different and it's okay!

KEEP ACTIVE

Exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise also keeps the brain and your other vital organs healthy.

ASK FOR HELP

None of us are superhuman! We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, **ask for help**.

DO SOMETHING YOU'RE GOOD AT

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

CARE FOR OTHERS

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring people closer together...

CARE FOR YOURSELF!