

The Weekly Bulletin

Inspire, Create, Discover, Together

Sleep Advice & Resources

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

The Sleep Charity have shared their wonderful free resources that can help parents and children to learn more about their sleep and develop better bedtime routines. Sleep is essential to brain function, by helping children to sleep better, we can help them to succeed in school.

The Sleep Charity's free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. They can talk to young people directly, or parents (they can also talk to adults, including older people, about



their sleep issues).

The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: [URL: https://thesleepcharity.org.uk/information/support/children/](https://thesleepcharity.org.uk/information/support/children/)

Remembrance Land Army Day

LAND ARMY CELEBRATION DAY:

Wednesday 8th

November

DRESS UP DAY!

Please dress up in clothes for working on the land
*Jeans - trousers - dungarees - shirts -
Boots or clean wellies.*

If your child doesn't wish to dress up, please wear normal school uniform.



Whole School Notices

- **Wellies** - please ensure that your child has name wellies in school for them to be able to access the field at lunchtimes.
- **Parent Consultation Meetings** - please look out for information regarding our Autumn Term Parent Consultation Meeting. Please sign up for an appointment with your child's class teacher via our online platform Schoolcloud.

Dates for Your Diary

November

3rd - Flu Vaccinations am

8th - Remembrance - Land Army Dress Up Day

17th - Children in Need - spotty non-uniform

15th - Advocates Climate Friendly workshop pm

27th - Parent Consultation Week

27th - Year 3 Geology Day in hall

December

8th - FoBs Christmas Fayre

W/c 11th - Performance Week - details to follow

14th - Whole School Panto Performance - pm

15th - FoBs Santa Run

19th - End of Term Service at 9.30am

19th - Christmas Lunch

20th - End of Term

Reading Recommendations

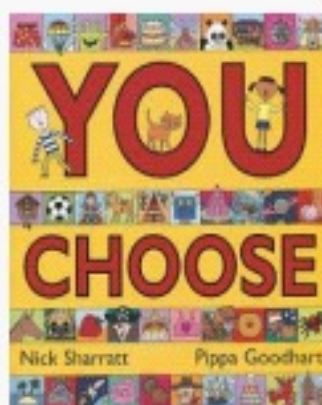
Are you stuck on what book to read or want try something new? Every half term there will be some recommendations from different teachers around school. This half term we have recommendations from Miss Burchell and Mrs Rance. We can't wait to hear what you thought of them!

My book that I recommend is titled

'You Choose'

and I have chosen it because it was one of my children's favourite books when they were little. It is easy to read, making it extremely accessible to all readers and non-readers because it features loads of illustrations.

It brilliantly fires the imagination with endless choices about what you would choose in your life. This, in turn, enables much discussion, making this book an excellent choice for speech and language skills.



I'm going to recommend the Murder Most Unladylike series.

Do you love mysteries and books that leave you on the edge of your seat? Then I think I have the perfect recommendation for you. The Murder Most Unladylike series is a thrilling murder mystery series, starring schoolgirl detectives Daisy Wells and Hazel Wong.

When thirteen-year-old classmates Daisy and Hazel set up a secret detective agency at Deepdean School for Girls they are decidedly short of mysteries to solve. Bored of cases like the search for Lavinia's missing tie, the girls are shocked but thrilled when Hazel discovers her first real crime – Science Mistress Miss Bell, dead in the gym. When the body goes missing the girls have to prove that the murder really happened and solve the crime before the police.

Each book provides a fresh mystery for the friends to crack, full of twists, turns and red herrings. The girls solve crimes everywhere from the classroom to the theatre, becoming firm friends and overcoming the challenges of school life together, despite their different backgrounds.

I know that these books have been a firm favourite with my past Year 6's as the books are looking particularly well-loved on my bookshelf. Happy reading!

WE'RE RAISING MONEY

FOR BBC CHILDREN IN NEED



WHAT?

**Wear spotty
non-uniform
& bring a £1
donation**

WHEN & WHERE?

**Friday, 17th
November**

CONTACT:

School Office



**BBC
Children
in Need**



Official Education Partner

Barrow CEVC Primary School Remembrance 2023



This year we are digging into local history! We have a local historian visiting school with her team, telling the stories of women and rural workers in the LAND ARMY in WW2, particularly those from BARROW.



LAND ARMY CELEBRATION DAY:

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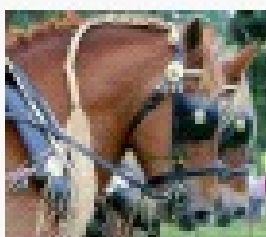
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We are privileged to have a pair of Suffolk Punch working horses visiting too! Every child will have a chance to see these up close and speak with their handler.



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm

Monday & Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

Furniture
Village

**If your child was born between
1 September 2019 and
31 August 2020,
you must apply for a full-time
Reception Year school place by
15 January 2024**



You **must** make an application even if your child already has a place in a nursery class, pre-school or family hub

To apply for a place or for more information you can visit:

www.suffolk.gov.uk/admissions

Information is also available from:

- The Admissions Team on **0345 600 0981**
- Your local school