



Friday, 19<sup>th</sup> January 2024

# The Weekly Bulletin

Inspire, Create, Discover, Together

## Spring Term Clubs Update

We are very pleased to be able to offer a wide variety of school clubs once again this term. The clubs on offer have been very popular, which is wonderful to see. The response this time round though has been overwhelming - a quarter of the school wanted to attend Darts club!

If your child has been allocated a place on a club, you will receive an email next week. Unfortunately, due to the popularity of the clubs, we may not be able to offer every child a place on their preferred choices this term. However, we will be running the same clubs in the summer term and will give priority to those children who were unable to attend a club this term. If there are any places unallocated or refused, we will advertise these separately next week.

## Whole School Notices

**Wellbeing Newsletter**- please take a moment to read our Spring Term Wellbeing Newsletter. If you have any questions or queries, please contact a member of the Pastoral Team through the school office.

**Menu Change** - from next week, Tuesday lunch will be sausages instead of burgers.

## School Show Jumping

**Would you like to compete for our school in Show Jumping competitions across the country?** The National Schools Equestrian Association offers Show Jumping competitions for teams and individuals at levels to suit everyone throughout the country.

Mrs Spittle and Elsie (Y4) are looking for anyone who maybe interested for future reference to join a team for NSEA competitions. A team minimum is 3 riders, ideally 4. Teams or individuals compete around the country to qualify some prestigious venues such as Hickstead and Royal Windsor. Heights range from 70cm- 1.10m at competitions. Currently Elsie is eligible to jump 70-1.00m with her range of ponies so could be flexible for other rider abilities to join her. Please contact the office if you are interested and we will pass your details on.

## Mindfulness Workshop

### Mindfulness Workshop for Kids (7-10Y) and Parents

Join us at The Loft Wellbeing Hub for a fun and interactive Mindfulness Workshop designed specifically for kids aged 7 to 10 and their parents. This in-person event will take place on Mon Feb 19<sup>th</sup> 2024 at 10am til 4pm. The Loft, Risby Business Park IP28 6RD

Price £40 is for 1 child + 1 adult.

In this workshop, children and their parents will learn valuable mindfulness techniques that can help them navigate the challenges of everyday life with ease and grace. Through a series of engaging activities, games, and exercises, participants will discover how to cultivate a sense of calm, focus, and self-awareness. You will learn practical take-home tools and exercises, all materials included.

I will guide you through various mindfulness practices, including calming strategies, coping skills, breathing exercises, positivity, gratitude and kindness, feelings check-in, mindful movement, etc. These techniques have been proven to reduce stress, increase resilience, and improve overall well-being.

By attending this workshop, you and your child will not only gain practical mindfulness tools, but also strengthen your bond through shared experiences and quality time spent together.

Don't miss out on this wonderful opportunity to foster mindfulness in your child's life and enhance your own well-being. Click the link to book your place today.

[www.theloftwellnesshub.com](http://www.theloftwellnesshub.com)

*I have come that they may have life and have it to the full – John 10:10*



Kids Aged 7-10 and Their Parents

# MINDFULNESS WORKSHOP

Children and their parents will learn valuable mindfulness techniques.

Through a series of engaging activities, games, and exercises. The workshop will guide you through mindful practices, calming strategies, coping skills, and breathing exercises.

By attending this workshop, you and your child will not only gain mindfulness tools, but also strengthen your bond.

**DONT MISS OUT ON THIS WONDERFUL OPPORTUNITY  
TO FOSTER MINDFULNESS IN YOUR CHILD'S LIFE**

Tickets cost £40 for 1 child+ 1 adult  
[www.theloftwellnesshub.com](http://www.theloftwellnesshub.com)

**MONDAY 19TH FEB 2024  
10AM TILL 4PM**

The Loft, Risby Business Park, Unit  
H7, IP28 6RD



## January

22<sup>nd</sup> - 25<sup>th</sup> - Bikeability Year 5

29<sup>th</sup> - 30<sup>th</sup> - Bikeability Year 5

29<sup>th</sup> - Clubs start

## February

6<sup>th</sup> - FoBs Annual General Meeting

9<sup>th</sup> - Year 1 trip to Sedgewick Museum, Cambridge

9<sup>th</sup> - Reception Trip to Bury St Edmunds Library

16<sup>th</sup> -FoBs non-uniform Day

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

28<sup>th</sup> - Bags to School Collection

## March

28<sup>th</sup> - Last day of Spring Term

## April

12<sup>th</sup> P D Day

15<sup>th</sup> P D Day

## Silver Surfers

Friday 8th March 2-3pm  
Barrow Primary School  
Informal drop in

Bring along your laptop or tablet  
and learn how to get the most out of them.

Our digital leaders from Year 6 can help  
with a variety of computer-related  
questions as well as teach you some new  
tricks!

Tea/Coffee and biscuits provided!



FEBRUARY  
HALF-TERM

# PREMIER HOLIDAY CAMPS



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MORE INFORMATION



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## YOUR NEAREST MULTI-ACTIVITY CAMP

Venue: Barrow Primary

Dates: 20th-23rd February (Tues-Fri: 4 days)

Times: 9:00am - 3:30pm daily

Ages: 4-12 years old (\*4 year olds can attend half days)

Additional info: Just £24.99 daily - Sibling / Full week discounts

### PLEASE BRING

Plenty of water  
Suitable clothing  
Loads of energy!

Mix it up this half-term with our  
multi-activity holiday camps!

These camps are a perfect blend of  
activities for all ages, combining different  
sports with a variety of team games.

Every day is different, with a mix of fun  
activities that children may not have tried  
before - from roller skating to fencing,  
lacrosse to cheer.

**Book now** for a half-term full of fun!



SCAN HERE FOR  
MORE INFORMATION

or visit [premier-education.com/holiday-camps](https://premier-education.com/holiday-camps)



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Based on over 20,000 reviews

# TABLETOP SALE

Saturday, 10<sup>th</sup> February 2024

10am-12 noon

BARROW VILLAGE HALL

Tables £5 – to make your reservation please call 01284 811280

TEAS \* COFFEES \* CAKES \* CHILDREN'S CORNER

IN AID OF THE MISSION & MINISTRY OF BARROW CHURCH