

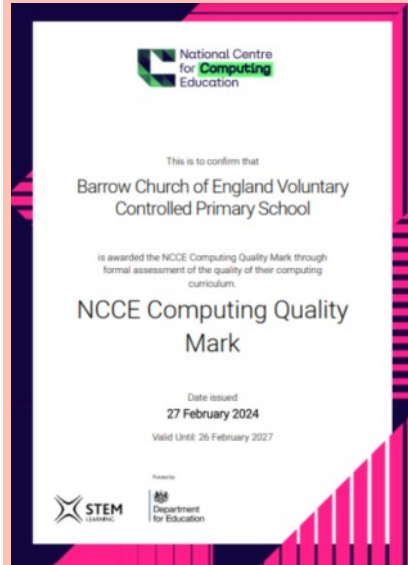
The Weekly Bulletin

Inspire, Create, Discover, Together

Computing Quality Mark

We have been delighted to receive some very good news this week. Having assessed the evidence submitted for our school through the Computing Quality Framework, we are delighted to confirm that Barrow School has been awarded the National Centre for Computing Education's **Computing Quality Mark**. This has brand new award has been given for *'excellence in computing curriculum delivery'*.

This news is extra special as we are the FIRST school in Suffolk to receive this award!



Sponsored Read

We have been delighted to see the sponsorship money coming into school from our half term reading challenge. All proceeds raised will be used to buy new books for our library.



Please return sponsor forms by Wednesday, 6th March.

Many thanks for your support.

Dates for Your Diary

March

- 4th - Year 3 History Trip to Wandlebury
- 5th - Year 2 History Trip to BSE
- *7th - World Book Day - wear pyjamas***
- 8th - Girls Football Day
- 8th - Silver Surfers
- 13th - Internet Safety short course for parents
- 14th - FoBs Mothers Day Afternoon Tea
- 15th - Red Nose Day
- W/c 18th - Open Classrooms
- 20th - Skateboarding Day
- W/c 25th - Parent Consultation meetings
- 27th - End of Term Service at 1.45pm
- 28th - Last day of Spring Term

April

- 12th P D Day
- 15th P D Day

Mental Health & Wellbeing

Looking after our mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health. Staying on top of our mental wellbeing is good for us now but also helps us manage difficult times in the future. Over time, it can also reduce our risk of physical health problems. There are lots of things we can do to look after our mental health and wellbeing every day.

Make a start with 7 top tips from the NHS "Every Mind Matters" website at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/> This website includes short video clips to support you with (amongst other things) mindful breathing, healthy living, how to improve your sleep health and how to reframe negative thoughts. At school we invest in the children's wellbeing each day with our varied well systems in each class. I would also like to signpost you to the Mental Health and Wellbeing policy that we have in place at school which documents all of the great work we are doing on a regular basis.

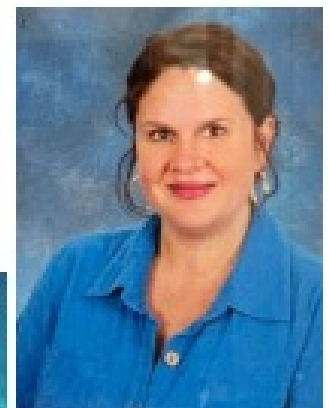
URL: <https://barrowcevcprimaryschool.co.uk/wp-content/uploads/2024/02/Mental-Health-and-Well-Being-Pupils-policy-feb-24-1.pdf>

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

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 Mrs Dean and Mrs Woodland We can't wait to hear what you thought of them!

I love Tom Fletcher's books, just like 'The Christmasaurus', this book is so full of silly magic and moments that made me laugh out loud. One of my favourite things about Tom Fletcher's books is the humorous way he describes things, it makes me laugh out loud! The adventure element of this book is so much fun. Lucy is the perfect main character: she's strong, feisty and confident, but not annoyingly so. She's still unsure of her abilities, but she learns by the end just how much she's really capable of. Just a warning to some younger children who might want to read The Creakers – there are some scary bits. But don't worry – Lucy is here to save the day! If you love a book full of funny silliness, magical worlds, and monsters under your bed, then you'll love The Creakers. I hope you enjoy it! Mrs Dean




The Book With No Pictures

B.J. Novak



I absolutely, totally and utterly LOVE The Book With No Pictures. This innovative and wildly funny read-aloud is so popular, it is constantly checked out from our school library! You might think a book with no pictures seems boring and serious. Except...here's how books work. Everything written on the page has to be said by the person reading it aloud. Even if the words say...BLORK. Or BLUURF. Even if the words are a preposterous song about eating ants for breakfast, or just a list of astonishingly goofy sounds like BLAGGITY BLAGGITY and GLIBBITY GLOBBITY. I 100% recommend this for all ages, it is guaranteed to make you laugh!

Mrs Woodland

The background features a light green teapot and a purple cup and saucer. A large purple flower and a green leaf are positioned on the right, while a pink flower and a green leaf are on the left. A white rectangular box with a thin purple border is centered over the teapot and flowers.

FOBS registered charity number
1173480

Thursday 14th March
From 2.20pm

**MOTHER'S
DAY
AFTERNOON
TEA**

Tea or coffee with scone,
cream & jam

Adult £5

Child £3

Payable via Parentmail
until Friday 8th March



WORLD BOOK DAY

World Book Day in on
Thursday 7th March 2024

As part of World Book Day we will be
holding a

'book swap.'

Please bring in a book that you have
read that you would like to pass on to
someone else.

Books must be in a good condition.

You will then be given a token which
can be exchanged for another book.



Understanding Anger: Yours & Theirs!



UNDERSTANDING ANGER

11th March 7-9pm £24

Jane Keyworth, Lead Facilitator at FACE
giving a two hour talk to parents (and teachers),
explaining what anger is, why we have it
and how to manage it.

Book online at facefamilyadvice.co.uk