

The Weekly Bulletin

Inspire, Create, Discover, Together

For more news updates, follow us on the X platform
(formerly known as Twitter) @BarrowCEVC_Sch

Managing Anxiety

Anxiety can manifest itself differently in different people; not everyone feels it or processes it the same way. In class we can often see a slight change in the children ahead of a scheduled class assessment or when the timetable has unexpectedly changed. To mitigate these feelings, we talk about what skills or knowledge we have to complete an assessment or why there has to be the change in routine and when we are going to get back on track. Due to the class experiencing the same or similar feelings at the same time, it can be easier to settle these feelings.


Here is a list of some of the more subtle ways anxiety can present in people.


When children are anxious at home, even the best intentions, can actually make anxiety worse, if parents try to avoid their child experiencing anxious feelings.


Here are pointers for helping children escape the cycle of anxiety.


1. The goal isn't to eliminate anxiety, but to help a child manage it.
2. Don't avoid things just because they make a child anxious.
3. Express positive, but realistic expectations.
4. Respect their feelings, but don't indulge them.
5. Don't ask leading questions.
6. Don't reinforce the child's fears.
7. Encourage the child to tolerate their anxiety.
8. Try to keep the anticipatory period short.
9. Think things through with the child.
10. Try to model healthy ways of handling anxiety.


ANXIETY SYMPTOMS WE DON'T TALK ABOUT

 Achy muscles
after waking up


 constantly needing
the toilet


 Breathlessness


 Skin problems


 overly sensitive

 Anger

 Doing everything
quickly

 unexplained stomach
problems

 Headaches and
dizziness

 Not being able
to speak

Whole School Notices

School Photos - gentle reminder that the deadline for purchasing class photos is 1st May.

Clubs Sign Up - Summer Term clubs information has been shared this week. The deadline for sign up is Monday, 29th April at Midday

Year 6 Activity Week - the final payment is now due on Parent-Mail. Thank you.

Trips Payments on Parentmail - please check your account for outstanding payments. Thank you.

Dates for Your Diary

April

30th Money Coaching course for adults

May

1st Church Garden Dig - see poster

2nd Mental Health Awareness course for adults

6th Bank Holiday

13th Year 6 SATS Week

27th - 31st Half Term

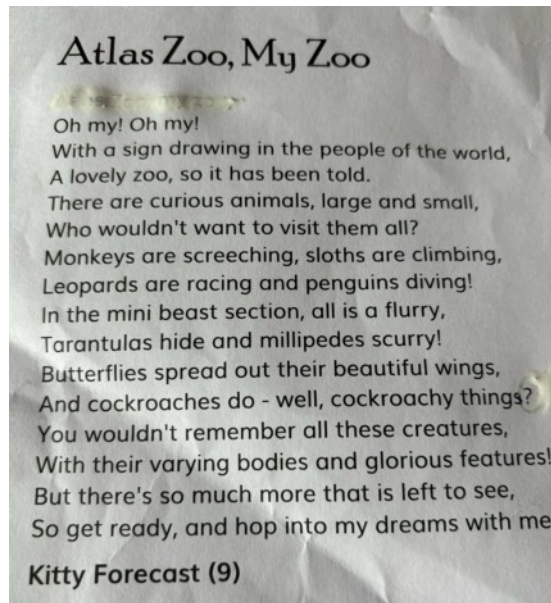
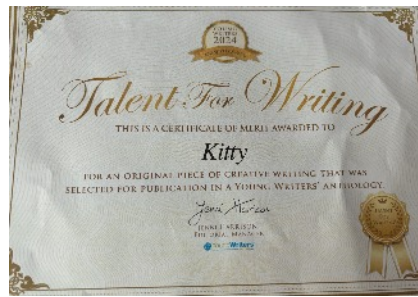
I have come that they may have life and have it to the full – John 10:10

Poetry Praise

We were thrilled to hear that one of our pupils has been recognised for her brilliant creative writing recently.

Kitty (Y5), entered a poetry writing competition out of school and was delighted to learn that her entry has been selected for publication in a young writers' anthology of poems.

Well done, Kitty! We'll look forward to seeing her super work in print when the book is published in the coming months.



Public Speaking



Mrs Ashe was incredibly proud of our Year 4 and Year 5 Public Speaking competition entrants, Kitty and Jess, who represented Barrow School in the finals of this local inter-school event this week.

The girls gave amazingly well-thought out and confident speeches on the theme of 'If I was in Charge...' They both spoke with eloquence and passion on their chosen themes. We're looking forward to sharing their performances with the whole school very soon when the recording of the event is made available.

FoBs Easter Quiz Winners

Thank you to everyone who entered the FoBs Easter Quiz competition. The winners drawn from all of the correct entries received were:

Scarlett (Y6)

Edward (Y4)

Alexander (Y6)



Dance Festival Stars



A number of children from Barrow School took part in the Newmarket Dance Festival last weekend at Bottisham College.

The children competed against dance schools from across the area as part of the locally based Anne Holland School of Theatre Dance.

A range of dance genres were on show including ballet, tap, modern and contemporary. The children competed in group dances, individually with solos or as part of a duet.

There was an impressive number of trophies and medals on display in the celebration assembly today after some impressive performances. Very well done to everyone who took part!

The Courageous Advocates

INVITE YOU TO SUPPORT US IN OUR

Butterfly Garden



BIG BUILD

Wednesday 1st May 2024

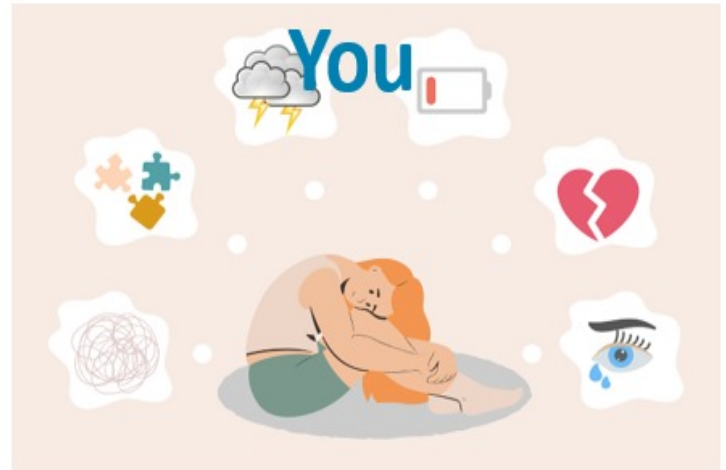
1pm-3pm at the churchyard of All Saints Church, Barrow



Please bring digging and construction equipment (spades, rakes, mallets, secateurs, gloves) so that we can clear the ground, build the butterfly shape and begin planting!

Please let the office know if you're planning to join us!

Make Time For



Mental Health Awareness Thursday 2nd May 9.30am – 2.30pm

Join us for this one-day Mental Health Awareness workshop at Barrow Primary School. During this session some of the areas discussed will be:

- What is meant by mental health.
- The social and personal effects of mental ill health.
- The responses to mental health issues.
- Cultural diversity in relation to mental health issues
- You will also be given access to a short online Mental Health Awareness course

christians against poverty
CAP

Budget like a boss.

Free, expert money coaching
capuk.org/trymoneycoaching

The next Budget Coaching session is on Tuesday, 30th April at 9.30am in school. All are welcome!

STUDY SMART

spire Education
GOV.UK

LOOKING FOR A JOB IN A SCHOOL?

**Teaching Assistant
Playground | Midday Supervisor
Examinations Invigilator
Cover Support Role
Behaviour Support Role
Youth Worker
Support Work**

Fully Funded (FREE) – Qualified in ONLY 6 weeks – No Travel – Online based – Classes in school hours

Accredited Qualifications:
• NCFE | CACHE Level 2 Certificate in Understanding Challenging Behaviours
• NCFE | CACHE Level 2 Certificate in Understanding Safeguarding and Prevention. Progression to an ONLINE Level 3 Teaching Assistant Course FULLY FUNDED

Register here: www.studysmartuk.online or scan the QR code

Child and Adolescent Mental Health Parent Workshops



Norfolk and Suffolk
NHS Foundation Trust

Upcoming free virtual workshops:

- Self-harm
- Anxiety and confidence building
- Big feelings
- Emotion regulation
- Challenging behaviour
- Communication



Book onto live workshops here: nsft.uk/workshops

Childhood Neurodiversity Parent Workshops



Norfolk and Suffolk
NHS Foundation Trust

Free live and recorded workshops:

- Using technology (live)
- Managing behaviour
- Sensory needs
- Communication
- Planning, organising and remembering



Access recorded workshops on our website:
nsft.nhs.uk/parent-workshops

or book onto the live workshop here: nsft.uk/workshops



Recruiting for primary and secondary trainees from October 2023

NESTT seeks to train highly effective teachers for our local schools.

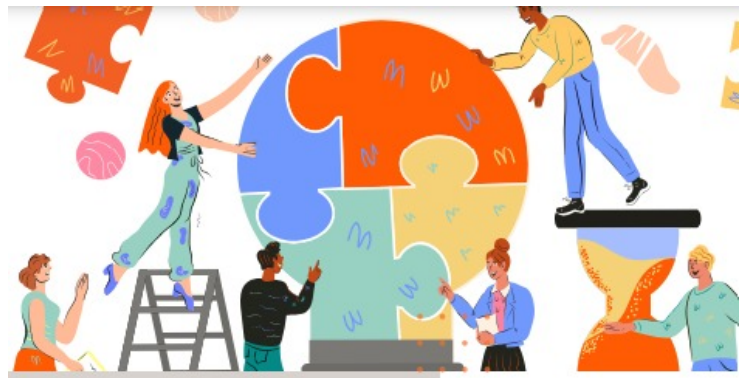


We focus on developing professional expertise, supporting trainees to realise their potential and empowering them to engage critically with evidence-informed practice and subject strategies.

We provide new teachers with the knowledge, skills and professional attributes to enjoy a life-long career in teaching.

We'd love you to join us!

Norfolk • Essex • Suffolk



FAMILIES AGAINST RACISM AND EXTREMISM

NORFOLK COMMUNITY SAFETY PARTNERSHIP & SUFFOLK COUNTY COUNCIL

Sessions for parents, carers and youth workers: If you are worried about a young person, these sessions will support you, provide information about online radicalisation and extremism and where you can get help.

Online Training Sessions

Monday 22 April, 10 AM
Thursday 25 April, 6 PM

Monday 29 April, 12.30 PM
Tuesday 14 May, 12.30 PM



Click here to register via Eventbrite



Why choose NESTT?

We treat you as an individual, and support your journey by working closely with schools and partner organisations to bring you the best possible experience.

Proven track record

The organisations who have formed NESTT collectively have more than 45 years of experience in delivering high quality teacher training in our localities.

Retention & employment

Our programmes have high retention and employment rates. Our course fully supports trainees to achieve, ensuring they are ready for their first teaching post.

Supportive partnerships

We have strong and constructive relationships with a wide range of local schools. We work closely with our schools to ensure they are fully supported with delivering the requirements for high quality initial teacher training.

Whether you're thinking about getting into teaching, or you're interested in developing partnerships, we'd love to hear from you.

enquiries@nestt.org.uk



www.nestt.org.uk



Approachable & responsive

Our locally-based teams will continue to build on existing relationships with schools to meet individual trainee needs and personalise the training journey.

Ambitious curriculum

Our curriculum is rich, ambitious and evidence-informed. It aligns seamlessly with the Early Career Framework - supporting the journey from trainee to Early Career Teacher.

Face to face

Our training will be predominantly face to face securing better engagement from trainees and mentors.



VICTORY GROUND TENNIS PLAYERS

Try our Club Sessions for free!

Welcomes new members

- Weekly Club Adult Sessions on Saturdays 2-4pm or Wednesdays 7-9pm
- Fortnightly Sunday Junior Club Morning 10am-12 noon for children aged 8-17
- Daytime Ladies & Social Tennis on Monday afternoons 1:30-3pm
- Adult & Junior Individual and Group Sessions for all ages and abilities from LTA Level 5 Registered Coach David Hall and his team (10% discount for members)
- Matches - join one of our teams in the local league
- Online court booking available (small charge for use of floodlights)



To find out more email: victorygroundtennisplayers@gmail.com or visit victorygroundtennisplayers.co.uk





Suffolk Parent Carer Forum
OPEN EVENT

Meet professionals in SEND & Mental Health from
Suffolk County Council, Health Services, Voluntary
Sector and more

Wednesday 19th June

10:30 – 1:30

United Reformed Church
Ipswich St, Stowmarket
IP14 1AD

Information Stands

Presentations

Refreshments Provided

Free Attendees draw to win an Amazon Voucher

Working towards a brighter future for
Suffolk's children and young people

📍 Suffolk Parent Carer Forum, Brightspace, 160 Hadleigh Road, Ipswich, IP2 0HH

☎ 01473 760933 ✉ info@suffolkpcf.co.uk 🌐 www.suffolkpcf.co.uk