

The Weekly Bulletin

Inspire, Create, Discover, Together

Welcome Back!

It has been absolutely fantastic to have the children back in school this week and see them getting into the swing of things so quickly! Our new Reception children have settled in tremendously well and we look forward to having them full time in school from next week.

Mobile Phones & Walking Home

We would like to remind all families of our older children that pupil mobile phones should only be brought into school if children are walking to school alone or walking home alone and they need to have a phone in case of an emergency. If your child fits the above criteria, please request and complete a permission form.

Families of pupils in years 4, 5 and 6 can apply for their child to leave the school premises alone. Please see the information on our website or contact the school office.

PE Uniform Reminder

Indoor P.E

Plain red T-shirt (with or without school logo)

Plain black shorts

White socks for games

Appropriate training shoes/plimsoles

(For games the children may also wear a black tracksuit)

Outdoor P.E.

Plain black jogging bottoms

Plain Red sweatshirt or school fleece

Black sports skins can be worn under indoor PE kit.

Trainers

Home Learning

Home learning will be set in all year groups from next week. Please look out for separate information from Mrs Smith via email about home learning across the school. Home learning can be accessed from your child's Google Classroom account.

Whole School Notices

- **Meet the Teacher Sessions** - please look out for the information regarding meet the teacher sessions in Years 1-6 next week. **Teachers will be giving a short presentation at each session starting at 2.45pm.**
- **Year 3 Snack** - a fruit snack is not provided for children in Key Stage 2. For those children who are now in Year 3 who would like a snack, please provide them with a piece of fruit to bring into school each day.
- **Google Classroom** - please keep any eye out for class updates in each year group's stream. Let the office know if you have any difficulties accessing your GC account or follow the support link on the school website.
- **Book Amnesty** - if you have any reading scheme or library books at home, please return them to school asap so that we can replenish our library stocks. Thank you.
- **Communicating with Staff** - if you need to email your child's class teacher, please do so through the school office email address at admin@barrow.suffolk.sch.uk
- **Nut Free Reminder** - please bear in mind that we continue to be a nut free school, this does include sesame seeds.
- **Dogs on Site** - whilst we are huge animal lovers at Barrow Primary, we do operate a 'No Dogs on Site' policy for the wellbeing and safety of our whole community.

The Safeguarding Team

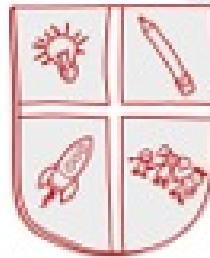
Our Safeguarding Team from September 2024 is made up of the following members of staff and governors:

Designated Safeguarding Lead – Mrs Woodland

Alternate Designated Leads – Mrs Ashe & Miss Fairweather

Designated Safeguarding Governor – Mr Andrew Wilson
(Vice Chair of Governors)

Senior Pupil Snack Shack



Barrow CEVC
Primary School
Inspire, Create, Discover, Together

Friday playtimes each week

- All snacks 50p
- One item per child
- Pre-paid via Parent mail
- Select snack on the day

All proceeds raised to fund play equipment for the children



INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate **££s** to schools.

**CASHPOT
FOR
SCHOOLS**

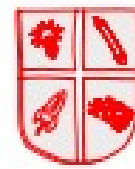


With
ParentKind

HERE'S HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George and scan your Asda Rewards app at the checkout.
- 4** Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest! We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.

barrow bear cubs



Barrow CEVC
Primary School
Inspire, Create, Discover, Together

A group for parents, babies and toddlers

We're restarting 12th September 2024!



Where?

Barrow School Hall

When?

Every Thursday Morning
9.00-10.15am during
term time

Who?

0-4 years

All welcome

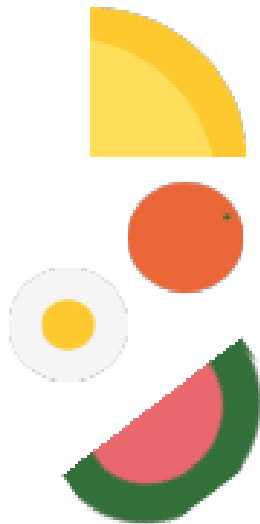
Chance to play, meet other
local parents and meet
Reception staff over a cup
of tea and biscuit!

*

To find out more, contact the school on 01284 810223 or email us at
bearcubs@barrowcevcprimaryschool.co.uk.

Why breakfast matters

A breakfast factsheet for parents/carers of primary school aged children



A healthy breakfast for my child

Mornings can be a stressful time as a parent or carer, and it's not always easy to get children to eat breakfast. So, why does your child need a healthy breakfast?

Why is a healthy breakfast important?

Healthy breakfasts provide important nutrients for children's health and development. If children skip breakfast regularly this can make it harder for them to get all the nutrients they need.

Studies suggest that having breakfast can benefit children's health, body weight and learning.

What do healthy breakfasts provide?

Healthy breakfasts can provide important nutrients for children including:

- ✓ **Carbohydrate** for energy to support growth, activity and learning.
- ✓ **Protein** for healthy muscles and for bone development
- ✓ **Fibre** for gut health
- ✓ **Calcium** for healthy bones
- ✓ **Iron** for brain development

Ideas for healthy breakfasts

A healthy breakfast doesn't have to be complicated or take a long time to prepare. It's a good idea to include starchy foods like wholegrain breads or breakfast cereals, some fruit or vegetables, some dairy or protein foods and a drink – water and milk are best.

If time is tight to have breakfast at home, then breakfast clubs at school are a good option – talk to your school for more information.

Breakfast ideas to try at home:

- ✓ Wholemeal bagel with reduced fat soft cheese and sliced fruit
- ✓ Wholegrain cereal with sliced banana, raisins and milk
- ✓ Wholemeal toast with baked beans and sliced pepper
- ✓ Wholemeal roll with sliced boiled egg, cherry tomatoes and orange segments
- ✓ Porridge or overnight oats with frozen berries or dried fruit

Find out more

If you'd like to find out more about healthy breakfasts, take a look at the **Good Breakfast Guide** on our website: <https://bit.ly/NSchoolBreakfastWeek>