

Friday, 13th September 2024

The Weekly Bulletin

Inspire, Create, Discover, Together

Whole School Notices

Home Learning Update - home learning will be set in all year groups from this 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. Please contact the office as soon as possible if you are having any issues logging in.

Administering Medicines in School - both prescription and non-prescription medication will only be administered in school when consent forms have been completed. All medication must be handed in at the office.

Reception Parent Consultations - These meetings will take place remotely via our digital platform, Schoolcloud, on Wednesday, 16th October. The EYFS team will be in touch with details of how to book your appointment.

Dates for Your Diary

September

- 23rd St Benedict's transitions talk to Y6 families
- 24th Year 2 trip to Lackford Lakes
- 24th Year 4 trip to West Stow
- 24th Flu vaccinations for R/Y1/Y3/Y5 & Y6
- 26th EYFS Reading Workshop
- 27th 'Settling in Reports' sent out for Y1-Y6

October

- 1st Book Swap
- 2nd Harvest Festival at the Church - 1.45pm
- 7th School Clubs start
- 8th Open Event for prospective EYFS parents
- 10th Year 2 careers visit to West Suffolk College
- 16th Reception Parent Consultation Meetings
- 21st Year 5 History off the Page Day
- 23rd Year 3 History off the Page Day
- 23rd School Photos
- 25th FoBs Non-Uniform Day - chocolate donation
- 28th - 1st Half Term

Donations Needed!

Over the summer we have purchased two new mud kitchens for the children to access at break time and lunchtime on the field. We are now looking for donations of **old saucepans, frying pans or other metal kitchen equipment**. If you have any lying around at home, please drop them off at the school office and they will be put to very good use! Thank you!

At Barrow we have been playing lots of **Tchoukball** in our breaks and lunchtimes - a high percentage of the children are loving playing this amazing sport.

Bury Tchoukball run a club on a Saturday afternoon - from 2pm - 3pm at the Victory Ground in Bury St Edmunds. The first three sessions for each child are free - if you are interested either just turn up or contact Ian, from Bury Tchoukball, on 07512726451

Mr Daniel.

barrow
bear cubs
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!

Fully Funded School Support Course

www.studysmartuk.online

**Next Start date
30th September**

CACHE Certificate in Understanding
Safeguarding & Prevent
CACHE Certificate in
Understanding Challenging Behaviours
CACHE Certificate in the
Principles of SEN
Levels 1, 2 & 3

**Six Week
Course**

Mon - Fri

9:30 - 11:30am

12:30 - 2:30pm

4 - 4:30pm

**(last optional session for
reflection and support if needed)**

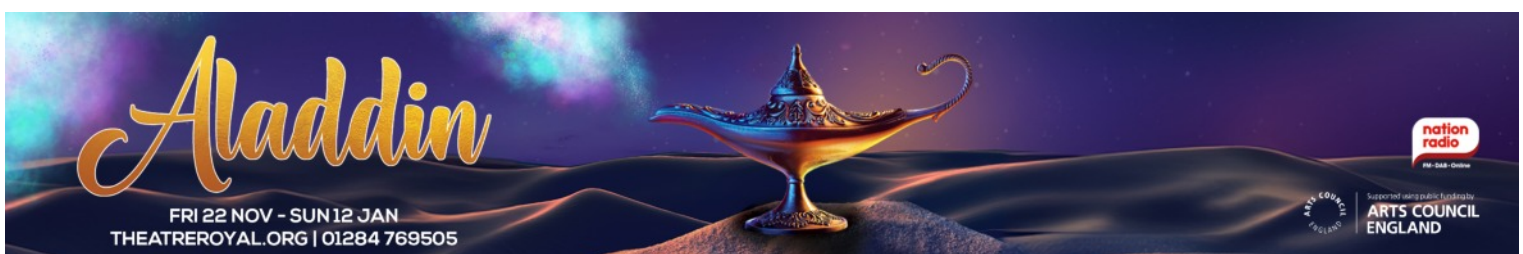
Theatre Royal Auditions

Audition Applications are now open for Theatre Royal, Bury St Edmund's 2024 pantomime Aladdin.

Auditions will take place on the 21st September between 9am and 3pm.

Applicants must be aged 9 – 18.

For more information and to sign up to audition, please visit <https://theatreroyal.org/news/aladdin-pantomime-young-company-auditions/>



Child and Adolescent Mental Health Parent Workshops

Upcoming virtual workshops:

- Anxiety
- Big feelings
- Low mood
- Sleep
- Emotion regulation
- Eating difficulties



Book onto a free workshop here: www.nsft.uk/workshops



**Barrow CEVC
Primary School**

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Aqua Mobility Classes



Aquatic exercise is a fun way to focus on fitness in a gravity-reduced environment.

The buoyancy of water is easier on the body and provides support for people with weakness, balance problems or pain. Additionally, the viscosity of water slows movement and provides resistance during exercise, making aquatic exercise a great workout.

Our aqua mobility class has been specially designed for older adults. The exercises focus on improving a range of motion, flexibility, balance and strength. The class is taught by our qualified swimming teacher, ensuring you get the very best experience.

- Our school swimming pool is waist deep and a warm 32 degrees.
- We have single-sex, communal changing rooms with a shower.
- This form of aquatic exercise doesn't involve being able to swim, but you will need to be able to access the pool via vertical steps.

If you're looking for a new way to improve mobility, keep fit and have fun, our water fitness class will put a spring in your step. We look forward to welcoming you to our school pool.

Tuesdays from 2pm to 2.30pm

£5 per session

Contact us at: admin@barrow.suffolk.sch.uk Tel: 01284 810223





RELAXATION AT BEDTIME

Feeling relaxed is important in the run up to bedtime for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them so it is important to create a relaxing and calm environment as bedtime approaches.

Here is some advice that may help:

- Turn off all screens an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to create a relaxing environment and aid the production of melatonin.
- Fine motor skill activities such as craft activities, model making, jigsaws or colouring pictures can aid relaxation.
- Massage can help some children to unwind.
- Classical music can be very soothing and makes good relaxing music to play in the background during the bedtime routine.
- Mindfulness is being increasingly used and there is evidence to suggest that it can be helpful to promote relaxation and sleep. There are a number of apps and products on the market that may be useful.
- Encourage your child to concentrate on their breathing. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing exercises are also useful for parents to carry out and are a great exercise to enjoy together.
- Teach your child to progressively relax the muscles in their body. They can begin by tensing their feet to the count of 5 and then letting them relax. Next tense the calf muscles and relax, moving up to the thighs and so on until they have relaxed each part of their body. This is another good activity to try together.
- End the day on a positive note by sharing 5 great things that have happened during the day.

If you are concerned about your child's anxiety levels discuss with your GP or a healthcare professional, some children may require specialist support.

For more information, contact The Sleep Charity or your representative.

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk