

Friday, 10th October 2025

The Weekly Bulletin

Inspire, Create, Discover, Together

Junior Parkrun

Following the success of Running Club on Friday mornings, we would like to try and encourage as many of our pupils to join the Junior Parkrun on a Sunday morning. Mr Daniel has created a 'group' so that we can all check in on each other's progress and keep a tab on how many Barrow students are taking part. **Mr Daniel will be at the Junior Parkrun this weekend and hopes to see as many of you there as possible.**

If you would like to join the group, once registered you can 'add group' and our team is called Bar'run Juniors!! For more information on the Bury St Edmunds Junior Parkrun visit URL: <https://www.parkrun.org.uk/burystedmunds-juniors/>

junior parkrun -
where everyone is

welcome

junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14.

2k junior parkrun events take place on Sunday mornings and are for the whole community to come together to walk, jog, run and volunteer. Join in on the fun at junior parkrun!

junior parkrun

Music Grants

Great news for young musicians!

The Ed Sheeran Suffolk Music Foundation 2025 is now open for applications!

If your child is dreaming of getting their own instrument, paying for music lessons, or even hiring rehearsal space, this grant could help make it happen.

The application is quick and simple — it just needs to be completed by pupils and/or parents. We've had pupils in the past who were awarded full funding for their instruments, so it's definitely worth applying!

Find out more and apply here:

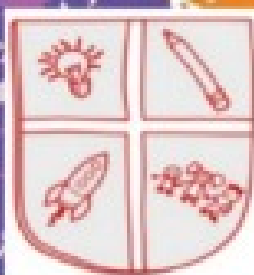
<https://www.essmf.com/>

Ed Sheeran
Suffolk Music Foundation

Dates for Your Diary

October

- 14th EYFS Open Event from 3.30pm to 5pm
- 14th Year 2 trip to Lackford Lakes
- 15th Reception Parent Consultation Meetings
- 22nd School Photos
- 23rd FoBs Non-Uniform Day - chocolate donation
- 24th PD Day - school closed
- 24th School Holiday club
- 27th - 31st Half Term



BARROW PRIMARY SCHOOL

HOLIDAY CAMP

Friday 24th October

8:30 to 5:00

£30 per child

Booking available on parentmail
please provide packed lunch



**Cooking
& Craft**

Playing



Autumn Festival

Sunday 19th October

join us to celebrate the vegetables of autumn.

pumpkins, squash, chillies & local apples.

Sample our free tastings, games and activities !



register with our garden club to receive updates - visit www.rhn.me.uk

We look forward to seeing you!



RHN Plant Centre

Colethorpe Lane, Barrow IP29 5BE

07813 008960 Open 10am to 4pm

Norwich City Girls Football Trial

Dear Parent and guardians,

Please see details of an exciting opportunity for female footballers in school year 4-6 to attend a free trial training session at one of our player development centres in the Suffolk area. If your daughter is passionate about football, dedicated to improving, and wants to be part of a professional development programme, this is the opportunity for her.

Players on our programmes pay a small fee to take part in the programme but receive the following benefits:

Take part in weekly training sessions delivered by our UEFA qualified coaches, we pride ourselves on sessions being both educational and enjoyable for our players



- Train with highly talented players to develop skills and tactical understanding.
- The opportunity to progress within the clubs development pathway.
- Full Norwich City Training kit.
- The opportunity to travel on residential training trips.
- Take part in fixtures against other development programmes.

Please see full details below of the session and how to book your place below.

Bury St Edmunds – Girls Development Centre

Venue: Bury St Edmunds Leisure Centre

Address: Beetons Way, Bury Saint Edmunds IP33 3TT

Evenings: Fridays Time: 6:00 – 7:30 pm Trial Date: 17th October 2025

Trial Booking Link:

<https://www.abler.io/shop/ncfcfd/girlsdevelopmentpathway/product/Q2x1YlNlcnZpY2U6NDA0NDU=?>

If you have any questions please do not hesitate to get in touch with me via email – phil.turner@canaries.co.uk

Half term holiday fun days

Come along and join Jayne from Ferral Pathways

BUSHCRAFT ACTIVITIES

**Explore the great outdoors-
building dens, fire lighting, foraging and crafts
in our lovely natural setting.**



Sessions available

Tuesday 28th October

Wednesday 29th October

Friday 31st October

9.30am- 3.30pm

Bring a packed lunch and drink

£40 per child

Discount for siblings

Suitable 5+ years

Limited places

RHN Plant Centre

Colethorpe Lane, Barrow

For booking details visit

www.rhn.me.uk



MULTI ACTIVITY OCTOBER HALF TERM CAMP **AT BARROW PRIMARY**

Dear parent,

It is with great pleasure that I am able to confirm that we will be running a multi activity holiday club at your child's school this October half term. Our Holiday Camps are designed to help your children get active, introduce them to new and exciting activities and create a fun-filled experience they will remember forever.

VENUE: Barrow Primary

DATES: October 27th - 30th (Mon-Thu) - 4 days

TIME: 9:00 am – 3:30 pm daily

COST: Approx £24.99 per day

Activities:

Archery, gymnastics, dance, football, tennis, dodgeball, children's fitness, personal best challenges, and individual sport specific skill sessions. We will also be offering a range of fun themed arts and crafts activities.

If your child hasn't attended a Premier camp before, below is a link to our short video which will give you some idea of what to expect on the holiday camp days- [Holiday camp video](#)

The camp is open to boys and girls from all years and children will need to dress appropriately for the weather.

Lunch:

A packed lunch and plenty of non-fizzy drinks will be required. Structured break and lunch times will be supervised by our staff and children will have lots of opportunity to refuel and stay hydrated.

Cost:

Our course cost is approx **£24.99** per day and the day will run from 9am - 3:30pm

How to book:

The below links will take you directly to our website booking page.

DATES:

October 27th - 30th (Mon-Thu) - 4 days

[Click this link for booking](#)

We hope you can see the benefits in taking up this opportunity and helping us to get your children active this half term.