

Friday, 17th October 2025

The Weekly Bulletin

Inspire, Create, Discover, Together

Keeping Children Well This Winter

As winter approaches, coughs, colds and flu can spread more easily. Here are some quick reminders, based on government guidance, to help keep children healthy:

Stay up to date with vaccines

- Make sure your child's routine vaccines and the flu nasal spray (offered in schools) are up to date.
- Check your child's record or ask your GP if you're unsure.

Practise good hygiene

- Encourage regular handwashing with soap and water.
- Teach children to cover coughs and sneezes with a tissue or elbow and bin tissues straight away.

Support general wellbeing

- Balanced meals, good sleep, regular activity and fresh air all help boost health.
- Keep rooms well-ventilated where possible.

For full guidance, visit the [Education Hub's "Top Tips: How to Keep Your Child Healthy at School"](#).

Road Safety Reminder

Following an incident in the village last week, we have taken time in school to remind all children about the importance of road safety.

We would also like to politely remind parents and carers to park safely and considerately around the school site and to remain vigilant when driving through the village. Where possible, please park a little further away from school and walk to drop off or collect your child.

For everyone's safety, please do not allow children to jump out of the car unsupervised, especially when waiting in traffic or near the school entrance. Thank you for your continued support in helping to keep our pupils and community safe.

Whole School Notices

Cauliflower Cards Christmas Artwork - A reminder that all Christmas artwork for Cauliflower Cards must be handed in by Thursday next week. Unfortunately, no late artwork can be accepted. All orders must be placed online using the link provided in the letter sent home this week. Thank you for your support in helping us meet the deadline!

Junior Parkrun Success

We're thrilled to share that 15 Barrow children took part in the Junior Parkrun last week! We'd love to see even more of our pupils getting involved each Sunday morning. Mr Daniel has created a Barrow group so we can all check in on each other's progress and see how many Barrow students are taking part. If you'd like to join the group, simply register for Parkrun and then select 'add group' — our team is called Bar'run Juniors!!

For more information about the Bury St Edmunds Junior Parkrun, please visit:

<https://www.parkrun.org.uk/burystedmunds-juniors/>

Dates for Your Diary

October

22nd School Photos

****23rd FoBs Non-Uniform Day - chocolate donation****

24th PD Day

24th School Holiday club - see poster for details

27th - 31st Half Term

November

6th Year 4 Trip to West Stow

17th Open Classrooms Week

21st Year 2 Trip to West Suffolk College

24th Year 2 History Off the Page day

25th Parent Consultations - Y1-6

27th Bags to School

27th Parent Consultations - Y1-6

28th FOBS Non-uniform Day



We will be out in the
open so please wrap up
warm!

£40 per
person

FOBS
WREATH
making
WORKSHOP

Sunday 30th November
1-3pm or 3.30-5.30pm

Adults
only

FOBS Charity number
1173480

Bring your own festive drink and
snacks!
Book via parentmail– Spaces are
limited.

At: Rougham Hall Nurseries,
Colethorpe Lane, Barrow,
Ip29 5BE



Thursday 11th December
6.30-8pm

FOBS

£25 per
person

Adults
only

Christmas

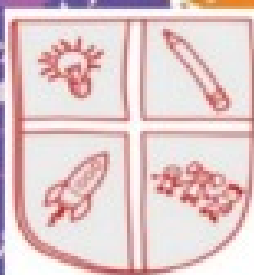
TABLE DECORATION WORKSHOP

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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





November Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
FREE ADHD Kids & Homework	13 Nov 6-7pm
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm

OCTOBER 2025



**IPSWICH TOWN
FOUNDATION**

SOCCKER SCHOOLS

Join us this October for a week packed with football-based fun at locations across the region including:

IPSWICH • BURY ST. EDMUNDS

STOWUPLAND • WOODBRIDGE • FELIXSTOWE • CLAYDON • BECCLES



With a range of sessions available for young people aged 6-16,
visit **itfcfoundation.co.uk** to find out more