

# The Weekly Bulletin

Inspire, Create, Discover, Together

## World Book Day 2026

**World Book Day 2026 – Thursday 5th March**

We are excited to be celebrating World Book Day on Thursday, 5th March 2026! To make the day extra special, children are invited to come to school **wearing their pyjamas** for a cosy, reading-themed day of fun.

### A Cosy Day of Reading

Throughout the day, children will be enjoying a range of book-based activities in their classrooms, designed to celebrate stories, authors and the joy of reading. To make the experience even more special, children will also enjoy hot chocolate and biscuits as part of our cosy reading celebrations.

### Book Swap

As part of World Book Day, we will be holding a Book Swap. Children are invited to bring in a book they have already read and would like to pass on to someone else.

In exchange, children will receive a token which they can swap for another book to take home. Books must be in good condition.

This is a wonderful way to share favourite stories and discover something new!

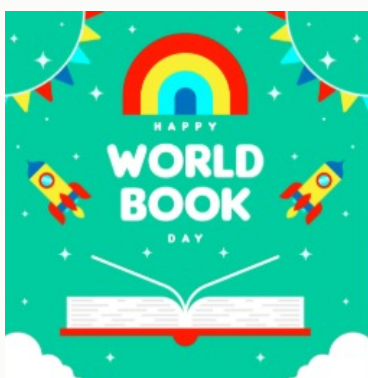
### Sponsored Read – Money Due

Thank you so much for supporting our Half Term Sponsored Read. Please can all sponsored read money be returned by the end of next week.

All proceeds will go towards purchasing new books for our school library, helping us to continue developing a rich and inspiring reading environment for all children.

We greatly appreciate your continued support in promoting a love of reading at home and at school.

Thank you for your support,



## Dates for your Diary



## March

5<sup>th</sup> World Book Day

11<sup>th</sup> FoBs Mother's Day Afternoon Tea @ 2pm

12<sup>th</sup> FoBs Mother's Day Afternoon Tea @ 2pm

16<sup>th</sup> Year 5 Bikeability Week 1

16<sup>th</sup> Open Classrooms - Reception/Y2 @ 2.45pm

17<sup>th</sup> Open Classrooms - Years 3 & 4 @ 2.45pm

18<sup>th</sup> Year 1 Phonics Screening Check Parent Information Session @ 2.15pm

17<sup>th</sup> Class Photos

18<sup>th</sup> Year 2 trip to St Edmundsbury Cathedral

18<sup>th</sup> Open Classrooms - Year 1 @ 2.45pm

19<sup>th</sup> Open Classrooms - Years 5 & 6

19<sup>th</sup> FoBs Barrow Big Night Out Quiz

20<sup>th</sup> FoBs Colour Raffle Non-uniform Day

23<sup>rd</sup> Year 5 Bikeability Week 2

24<sup>th</sup> Rock Kidz Day

W/c 23<sup>rd</sup> Parent Consultations

26<sup>th</sup> FoBs Mini Easter Fayre

27<sup>th</sup> Church Service @ 9.30am

27<sup>th</sup> End of Term

Due to popular demand Fob's have  
added an EXTRA day!

JOIN US FOR  
**MOTHER'S  
DAY  
CREAM TEA**



Wednesday 11<sup>th</sup> March 2pm  
OR Thursday 12<sup>th</sup> March 2pm

**£5 Per Adult £3 Per Child**

Scone, Jam & Cream, Tea or Coffee,  
Squash for child.

**One adult per family  
Select one day only**

Tickets available to purchase  
on Parent Mail from  
Wednesday 25<sup>th</sup> February  
**\*Deadline Sunday 8<sup>th</sup> March\***

Friends of Barrow (FOBS) is a  
registered charity.  
Charity number: 1173480



# BARROW BIG NIGHT OUT

'Let's get Quizzicool!'

**ADULT ONLY  
QUIZ NIGHT**



**7:30PM ARRIVAL  
8PM START**



**THURSDAY  
19<sup>TH</sup> MARCH**



**TEAMS OF UP TO 6 (come as a team!)**

**£8 Entry pp  
Payable on  
ParentMail**

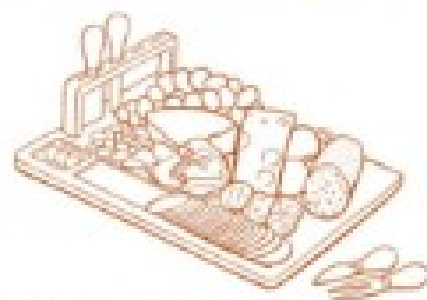
**Bring your  
own drinks,  
booze &  
snacks!**

**Prizes for  
Top 3  
Teams**



**Bonus points available for best  
catering efforts and best team name!**

**All proceeds raised by Fob's go towards raising money for  
school sustainability projects & sports pitch.**



## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2026



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsf.uk/workshops>.



### **Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)**

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available. **Thursday 26<sup>th</sup> February 13:00 PM - [BOOK HERE](#)**

### **Parenting and Anxious Adolescent – Parts 1 and 2**

For parents/carers of children and adolescents who are aged 12 and above. This is a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety.

**Monday 16<sup>th</sup> March 10:00 AM - [BOOK HERE](#)** (Please also book Part 1)

**Monday 23<sup>rd</sup> March 10:00 AM - [BOOK HERE](#)** (Please also book Part 2)

### **Understanding and Supporting Your Child with Emetophobia**

This workshop for parents and carers will explore the topic of emetophobia, the fear of being sick or seeing others be sick. The impacts of emetophobia can vary greatly for one child to another. This session will cover what emetophobia is and how it might present in children and young people. It will then consider effective strategies you can use to support your child or young person that might be experiencing emetophobia. **Monday 23<sup>rd</sup> March 12:00 PM - [BOOK HERE](#)**

### **Understanding and Supporting Your Child with Tourette's symptoms/TICS**

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

**Tuesday 24<sup>th</sup> March 12:00 PM - [BOOK HERE](#)**



## March 2026 Timetable

All sessions delivered live online via zoom, 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
<b>FREE Anxiety Based School Avoidance</b>	26 Mar 7-8pm

Starts  
March 8th  
2026

# Netball play sessions

Newmarket (Moulton Village Hall)

Classes for: 2-3.5yrs | 3.5-5yrs | 5-7yrs | 8-11yrs

Come join us at 'Netball Kids' for exciting classes where you can learn new skills, improve your game, and make awesome friends!



Netball  
Kids

**BOOK A FREE  
TASTER SESSION**

[www.netballkids.co.uk](http://www.netballkids.co.uk)

## Cricket fun for Boys & Girls This Summer



At Chippenham CC we run cricket coaching for juniors 5 years and upwards on Monday evenings (5.15pm and 6.15pm) throughout the summer at our beautiful ground in Chippenham Park. All newcomers get 2 free taster sessions, so it doesn't cost anything to give it a try.

- Perfect introduction to the game of cricket
- Male & Female ECB Qualified coaches
- Full summer programme of training & matches

- All equipment provided
- Boys and girls teams
- ECB Clubmark status and an ECB approved provider of All Stars & Dynamos cricket

If you like the idea of getting involved with cricket please get in touch. To find out more call/text Darren Hughes on 07881818047 or email: [cricketchippenham@gmail.com](mailto:cricketchippenham@gmail.com)