



WEEKLY *Newsletter*

Spring Term - Wb 29th January '24
Headteacher: Mrs Nicola McArdle

I am delighted to share with you the highlights of another vibrant and enriching week at Barrow. Our children have been actively exploring and learning about various world religions through visits to places of worship. This week, they had the opportunity to visit the Clitheroe Mosque, a Hindu temple, Synagogue, and Clitheroe URC. The curiosity and engagement displayed by the children have truly enhanced their understanding of different faiths, contributing to a well-rounded Religious Education curriculum this half term.

I am thrilled to inform you that we received a lovely email from the Imam following Year 1's visit to the mosque. The Imam expressed gratitude for the exceptional behaviour of our children, noting their respect, good manners, and overall positive demeanor. It is a testament to the values we instill at Barrow and that you do at home.

In addition, Year 2 took a monthly trip to the Ribble Valley Food Bank, where they generously donated 216 items of toiletries for this month's collection. A heartfelt thank you goes out to our dedicated staff and supportive families for contributing to this act of kindness. For the upcoming month, we will be collecting Easter eggs and clear plastic bags. Please remember that there is no obligation to donate, and we appreciate any contributions made based on individual circumstances.

Lastly, our Numbers Day was a resounding success, with Mr. Briggs leading a catwalk show and organising engaging competitions, including 'Are you cleverer than a 10-year-old' with parents in Year 5. I encourage you to visit the class page and our Facebook account for photos capturing the spirit of the day.

As we head into the weekend, I want to express my pride in the behaviour and commitment of our children, consistently exemplifying 'The Barrow Way.'



W/C 5th Feb - Mental Health Week

Fri 9th Feb - FOBS Valentines Disco

Sunday 11th Feb - Year 1 invited to service at Clitheroe URC

Mon 12th - Fri 16th Feb - HALF TERM

See school website for full dates and times

DIARY *Dates*

THIS WEEK

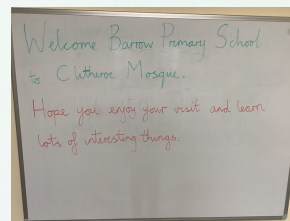
in pictures



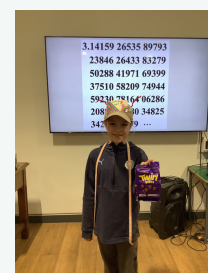
Larch class visit to the Foodbank



Elm class visit to the Clitheroe mosque



Numbers Day



Sycamore visit to the Temple



Beech class visit to the Synagogue



Rooted in God's love. everyone growing together to be the best that we can be.

THIS WEEK

in Notices

After School Club Menu - Spring 2

MONDAY

Ski (KS2)
Mrs Porter
3:30-4:00pm
Cost: FREE

Netball Club (KS2)
Miss Roath
3:30pm - 4:30pm
Cost: FREE

TUESDAY

Dance with Estelle
(Progressive Sports) KS1
3:30-4:30pm
Cost: £18
Book via Parent Pay

Stop Motion with Jam
Coding (KS2)
3:30-4:30pm
Cost: £7 per session
Book via QR code or flyer

WEDNESDAY

Nerf Wars with James
(Progressive Sports) KS2
3:30-4:30pm
Cost: £18
Book via Parent Pay

Art Workshops (KS2)
With Gosha Gibek
3:30pm- 5:00pm
Book via Parent Pay
INVITE ONLY

THURSDAY

Football
(Year 5 and 6)
3:30-4:30pm
Cost: FREE

Musical Theatre
by Just Imagine
3:30-4:30pm
Cost: £30 - 5 weeks
Book via link on letter

Mindfulness & Yoga
(KS1)
Miss Crossley
3:30 - 4:30pm

FRIDAY

No Clubs
Available

Dance classes for
Key Stage 1 children



Tuesday Night
Spring 2
3:30pm - 4:30pm
With Miss Estelle
£18 for 6 weeks

Join in the fun and book via Parent Pay



You've been targeted to attend Nerf Gun Club with James

After school club for Key Stage 2 boys and girls.
Every Wednesday night in Spring 2
3:30pm - 4:30pm
£18 for 6 weeks (Equipment provided)
Book straight away via Parent Pay.
LIMITED NUMBERS!!

MY VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to
talk to your child about mental health?

The Children's Mental Health Week we want all children
and young people to know they are, and where they
are in the world, to be able to say "and believe" "My
Voice Matters".

We visited primary and secondary schools to ask
students what they wanted from the week - to help
shape the content we create for adults. We encourage
us give to teachers, that's how we give to other children,
and the advice we give to parents, carers and families.

CHILDREN'S
MENTAL HEALTH
WEEK

1

LOOKING FOR FREE PRACTICAL
ADVICE TO HELP YOU SUPPORT
YOUR CHILD?

Reading what resources like the parents
and carers, it may be right advice and for
an upcoming primary age children, and
reading their behaviour, and all on
their own.

17. www.mentalhealth.org.uk

Here's what children and young people told us they need from you:

1 We don't need to have time off
conversations about our mental health
- sometimes a chat on a journey or at
bedtime is enough.

2 I need to know it's okay to talk to you
about any and all of my feelings. Please
tell me what I can say without
interrupting me.

3 Please listen to me carefully and
acknowledge how I am feeling - it might
seem silly to you but what I am
going through is important to me.

4 Playing with pets can make me feel better.
Come with playing football, basketball or
whatever type of sport I am into.

5 Don't compare my experiences to your
own when you were a child.

6 Sometimes I just need you to listen
and hear what I'm saying - I don't always
need answers (or lectures).

7 Please don't worry about trying to fix
things for me - I often just need to know
you are there for me and understand what
I am going through.

8 If you are open with me about your
feelings, this can help me to be more open
about mine.

9 Sometimes I don't want to talk. Please
know that I will come to you for another
game or on someone else's age when
I'm ready. Sometimes it's easier for me to
talk to someone who is my own age - my
siblings, cousins, friends, younger
teachers at school - because they get it.

10 Sometimes a hug is all it takes to make
me feel supported.

WHAT MATTERS TO YOU?
CREATIVE VIDEO ACTIVITIES
FOR FAMILIES

These weekly activities can help children
and young people think about and share
what matters to them.

12. www.mentalhealth.org.uk
13. www.mentalhealth.org.uk

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.mentalhealth.org.uk)

MY VOICE MATTERS

CONVERSATION STARTERS

Some ways to start a conversation with your
child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.mentalhealth.org.uk)



Next week we will be celebrating
Children's Mental Health Week and
the children will have the
opportunity to choose a fun
activity that they want to
participate in. Keep your eyes
peeled for some super photos of
their Wednesday morning fun

WHY NOT TRY OUR...

SKI CLUB

STARTS MONDAY 26TH FEBRUARY

£85
INCLUDES... X5
LESSONS, SKI HIRE,
A SNACK AND
A DRINK



EVERY MONDAY NIGHT
4:00pm - 5:30pm
At Pendle Ski Club

LET'S HIT THE SLOPES!

