



# WEEKLY *Newsletter*

Spring Term - Wb 5th February '24  
Headteacher: Mrs Nicola McArdle

As we wrap up this half term, we're proud to have supported Mental Health Awareness Week, engaging our children in activities centered around understanding their brains and practicing mindfulness. Even Tiny the Tortoise joined in classroom adventures, though he seems puzzled by the green carpets - perhaps mistaking them for food! As always, Last week marked the launch of our 'Golden Table' in the dining hall, a Friday treat for exemplary behavior and manners. We're thrilled by the positive response and eager to continue this. Congratulations to all who've graced the table! Wishing everyone a fantastic half term break, however you choose to spend it. Mrs. McArdle

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

Mon 12th - Fri 16th Feb - HALF TERM

Wed 21st Feb - Individual & siblings photos

Wed 21st Feb - Y6 Trip to the House's of Parliament

Thurs 22nd Feb - Thinking Day - Guides/Scouting

Mon 26th Feb - Lent worship led by Sycamore class

Wed 28th Feb - Y6 STEM challenge

Mon 4th Mar - Lets Go Sing at St. Georges Hall

Thurs 7th Mar - World Book Day

Fri 8th Mar - Mothers Day worship led by Reception

Sun 10th Mar - Year 2 invited to service at Clitheroe URC

Thurs 14th Mar - Author visit - Faye Evans

Sat 23rd Mar - FOBS Easter Trail

Mon 25th Mar - Palm Sunday worship led by Larch

Tues 26th Mar - Maundy Thursday worship led by Rowan

Wed 27th Mar - Good Friday worship led by Willow

Thurs 28th Mar - Easter Sunday worship led by Beech

Thurs 28th Mar - School closes at 13.30

## DIARY *Dates*



# THIS WEEK

*in pictures*



Stars of the week



Headteachers Award



Y6 DT project



Y1 - learning about Australia



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

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!

Happy  
Hearts

5-11 Years

Monday 12th February  
The Park Family Hub  
Norfolk Grove  
Accrington  
13:30-15:00pm

WEDNESDAY 14TH FEBRUARY  
The Zone Clitheroe  
Young Peoples Centre  
Wesleyan Row  
Parson Lane  
BB7 2JY  
15:00-15:00pm

Includes  
Card Making  
Clay Modelling  
Biscuit Decorating  
Arts & Crafts  
&  
Messy Play

Thursday 15th February  
Great Harwood Primary School  
Rushton Street  
BB6 7JQ  
10:00-11:30am



### #Whatsinitforme

Are **YOU** a young person who wants to find out more about what is available to **YOU** in your local area?

Y  
O  
U  
T  
H  
E  
V  
E  
N

Are **YOU** supporting a young person or are **YOU** a parent who would like to access further information?

Lots of information from a variety of people who **YOU** can chat to and find out how they can support and help **YOU**!

Thursday 15th February  
1pm - 4pm

The Zone Clitheroe  
Young People's Centre  
Wesleyan Row  
Parson Lane  
BB7 2JY



Light  
Refreshments  
Available  
Pool Tables, Lego  
Table Tennis



Accrington Stanley

MHST

ADHD NW  
Carers Link

Carers Link

### FOODBANK

#### DONATION NEEDED

This month we are collecting  
Easter eggs and Bags for Life

Proud supporter of Ribbles Valley Foodbank.

### What Parents & Carers Need to Know about AMONG US

7 PAGES

WHAT ARE THE RISKS?

SENSITIVE PREMISE

VIRTUAL VIOLENCE

CHAT BETWEEN PLAYERS

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES

CHAT ABOUT CHATTING

DISCUSS DISCORD

AMONG US, AMONG FRIENDS

STOP SURPRISE SPENDING

Meet Our Expert

National Online Safety

#WakeUpWednesday



Parents, if your child has been denied support from CAMHS, or you are still waiting to be seen, we are here to support you. You can call our Parents Helpline on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

You'll be connected to one of our trained advisors, who will listen to your concerns, and ask key questions to understand your situation as best as they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.

We know how lonely it can feel to be left without access to the professional support your family needs - but we are here for you.

### Clitheroe Castle Museum

### Hidden Hedgehogs

Hibernating hedgehogs

Search for our prickly hedgehog friends hiding in the museum. Find them all to be in with a chance of winning a goody bag of souvenirs. Free with museum admission.

Get crafty

Make your own hedgehog from a pine cone and felt. £1.50 whilst stocks last. Museum admission not required.

Diamonds in the Landscape

To mark the 60th anniversary of the designation of the Forest of Bowland we are delighted to be hosting an exhibition of photographs submitted to the recent Diamonds in the Landscape competition. Explore the gallery and become a wildlife spotter whilst learning about some of our local animals.

From 10th February to 28th April. Free exhibition.

Archaeology Finds day Wednesday 14th February

Have you found a mystery object you would like to identify? Drop in to see our amazing Finds Liaison Officers from Portable Antiquities Lancashire & Cheshire to find out more about your discoveries.

Open Daily, all kids go free

Get updates on all our news and events on Facebook and Twitter or visit our website at <https://www.clitheroecastlemuseum.co.uk>



# MENTAL HEALTH WEEK

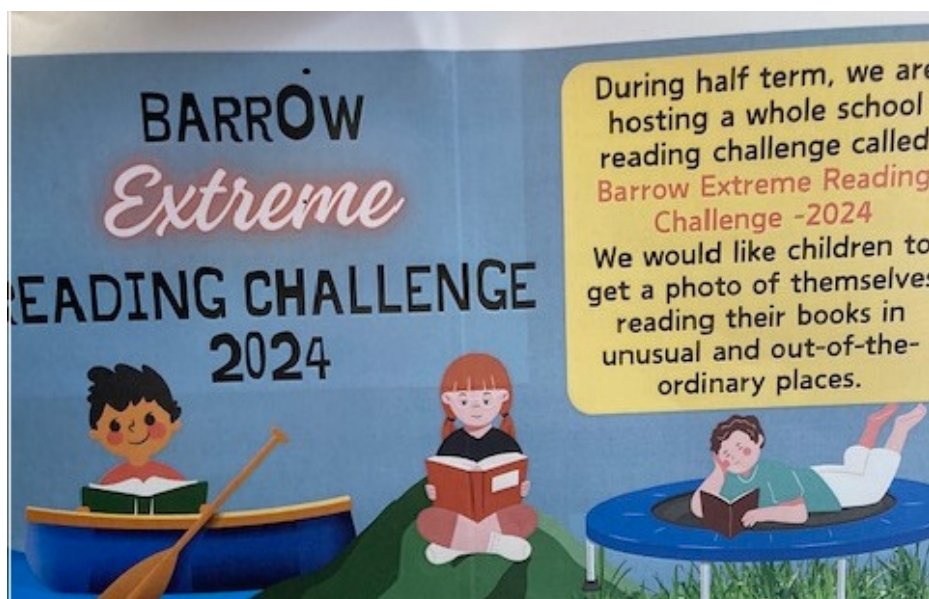


On Monday, we started off our week with some mindful breathing in assembly and 'Mountain Pose' yoga in the hall. We introduced our 'Thank Tank' which encourages children to express what they are grateful for. On Wednesday morning we had a selection of wellbeing stations (yoga, playdough, chatterboxes, fitness, colouring) for the children to choose from and the whole school enjoyed taking part in the various activities. It was lovely to see the different year groups spending time together, and the older children looking after the little ones! Well done Barrow!



## BARROW EXTREME READING CHALLENGE 2024

During half term, we are holding a whole school challenge called 'Barrow Extreme Reading Challenge 2024'. We would like children to get a photo of themselves reading their books in unusual and out-of-the-ordinary places. An example could be up a climbing frame or on a trampoline (children have been asked to be mindful of being safe and to check with an adult first). The more creative – the better! We would love for families to get involved as well so please feel free to join in. Once you have taken your photograph, please email it to the school office on: [office@barrow.lancs.sch.uk](mailto:office@barrow.lancs.sch.uk) The photos will be collated and shared on our school website and Facebook page. There will be a prize for most creative photograph.



### Thinking Day 2024 – Thursday 22nd February

In Scouting, Founders Day on February 22 honours Lord Baden-Powell as it was his birthday. It's a time for Scouts to reaffirm their oaths together and contemplate how Scouting's century-old values are still relevant in today's fast-paced world. In Guiding, World Thinking Day is a celebration of ten million girls worldwide that has taken place on every 22 February since 1926. It remains a day for all Guides and Girl Scouts to think of each other and celebrate their sisters all around the world, as it is the birthday of Lady Olave Baden-Powell, the first Chief Guide.

On this day any pupils who are part of any Scouting Group can come to school dressed in their Scouting uniform.



Our new Scholastic Book Club is up and running! Go to <https://schools.scholastic.co.uk/barrow-v/digital-book-club> to browse the latest books and order online. For every £1 you spend on this month's Book Club, our school will earn 20p in Scholastic Rewards.

Please place your order online by March 1st, 2024.

