



# WEEKLY

## Newsletter

Autumn Term - Wb 4th September  
Headteacher: Mrs Nicola McArdle

What an amazing first week back it has been! Our children have truly impressed us with their excellent behaviour, 'walking tall' with pride in both their appearance and their work. The school is filled with laughter and a buzz of learning again, which is great to see. It has also been wonderful to welcome new staff and children across each year group to our Barrow family – I do hope you have all felt welcome and started to settle in.

I hope you've had the chance to explore our class pages on the website, where you'll find "meet the teacher" style videos and key information. These will be updated every half-term to ensure you're well-informed.

This year, we're proud to support the 'Ribble Valley Foodbank'. Our children will learn the value of their donations as they collect and deliver specific items each month. While we understand not everyone can contribute monthly, any extra item in your trolley would be a huge help and greatly appreciated. This month, we are collecting toilet rolls! (in packaging, please).

We've also planned key events throughout the year, these are listed on our website with the current half term listed on each newsletter.

Additionally, on the 2nd Sunday of each month, we're invited to join Clitheroe URC (across from the castle) for a family service at 10:30 am. We do hope to see some faces there this Sunday.

As always, if you have a concern, please just catch me on the gate or call the office. Miss Crossley (our new SENCO) is also on hand if you would like to chat.

Wishing you all a sun-filled weekend.

Mrs. McArdle





# THIS WEEK

*in pictures*

Lots of fun on our first week back to school



## Stars of the Week



## Headteacher Awards



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



# THIS WEEK

## Notices

Please can your child bring an oversized shirt  
in for Art.

We will be doing messy work at times and so  
this will ensure uniforms are protected!



SEND COFFEE MORNING  
WEDNESDAY 27TH SEPTEMBER  
10-12AM DROP IN



THE NURTURE HUB




For parents of children with  
SEND or those who may want to  
discuss any queries or concerns.

Join me for a brew and a biscuit  
and come and see our amazing  
newly refurbished 'Nurture Hub'.

COME AND SAY HELLO!

**RECEPTION AND YEAR 1**

Phonics and Reading  
Parent Workshop

 **Wednesday 13th September 5pm**

We will be sharing how we teach both phonics and reading in school, and how you can support your child with this at home.

We look forward to seeing you! (Children do not need to attend.)

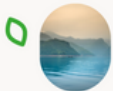
**RED ROSE** Letters and Sounds

### FRVF WELLBEING WORKSHOPS



#### RESET AND RESTORE FOR AUTUMN AND WINTER

Friendly and supportive workshops delivered by Claire Carter FRVF's Wellbeing Co-ordinator, a qualified and experienced counsellor, life coach and teacher trainer. Packed full of information and tips to promote positive emotional health and wellbeing, we'll provide strategies and solutions to help you reset your mood and restore some balance. AND there will always be time for a cuppa and chat after each workshop.



#### RESET YOUR ANXIETY LEVELS AND RESTORE SOME CALM

Assessing our anxiety levels and triggers  
Anxiety management strategies - a personal action plan

THURSDAY, SEPTEMBER 21, 9.30AM - 11.30AM



#### RESET LOW MOOD & RESTORE EMOTIONAL BALANCE

Identifying the signs and symptoms of low mood  
Self care strategies - a personal action plan

THURSDAY, OCTOBER 19, 9.30AM - 11.30AM



#### RESET YOUR SLEEPING PATTERNS & RESTORE SOME REST

Assess our sleeping patterns and how this affects us day to day  
Sleep Well Strategies - a personal action plan

THURSDAY, NOVEMBER 16, 9.30AM - 11.30AM



#### RESET EXPECTATIONS & RESTORE CALM WITH SOME SEASONAL SELF CARE

Assess your current self care strategies - what do you do for you?  
Seasonal Self Care Strategies - a personal action plan

THURSDAY, DECEMBER 7, 9.30AM - 11.30AM

To secure your place we require a refundable £10 deposit. Email [connect@frvf.co.uk](mailto:connect@frvf.co.uk)

**NHS**  
East Lancashire Hospitals  
NHS Trust

### Vision Screening in Lancashire

Vision screening will be taking place for the  
reception class children on  
Wednesday 27th September 2023

An Opt-out consent form will be sent home with  
your child closer to the screening date. If you do not  
receive one and wish to Opt-out, please contact the  
school.

Please be mindful of local residents on the  
car park when dropping off and collecting  
your children. They have politely asked for  
us to ensure we do not block access for any  
cars and to take your rubbish home rather  
than using their domestic wheelie bins.

### CHILDREN, YOUNG PEOPLE & ANXIETY

#### A workshop for parents and carers

We've teamed up with Essere Therapies to help you learn more about children and young people's anxiety and how to help them to manage it in a way to support their wellbeing.

You will learn practical solutions for you and your family

Wednesday September 27, 6.30-9pm,  
Trinity Hub, Parson Lane Clitheroe

Book your place or find out more by emailing  
[connect@frvf.co.uk](mailto:connect@frvf.co.uk)

I've learnt how to recognise the triggers & signs, and strategies to cope.

Excellent. Thank you.

Really interesting. Could have stayed for more!

the foundation for  
**Ribble Valley Families**

essere

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

# DIARY

## Dates



Sunday 10th September 10.30am - **Family service at Clitheroe URC Church**  
 Wednesday 13th September 5.00pm - **Reception & Year 1 'Reading and Phonics' parent workshop**  
 Wednesday 27th September 10.00am - noon - **SEND Coffee Morning**  
 Saturday 30th September 10.00am - 1.00pm - **Open Day for new parents**  
 Sunday 8th October - **Family service at Clitheroe URC Church**  
 Wednesday 11th October - **Year 5 Bikeability**  
 Thursday 12th October - **Year 5 Bikeability**  
 Thursday 12th October - **Book Fair**  
 Wednesday 18th October - **Year 4 residential**  
 Thursday 19th October - **Year 4 residential**  
 Friday 20th October - **Inset day - school closed**  
 Monday 16th October - **Harvest Worship led by Year 6**

# AFTER SCHOOL

## Clubs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Club:</b> Girls Football (KS2) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> FREE <b>Sign up via School Office</b>	<b>Club:</b> Progressive Sports – Gymnastics (KS2) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> £3 per session <b>Sign up via ParentPay</b>	<b>Club:</b> Progressive Sports – Fencing (KS1) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> £3 per session <b>Sign up via ParentPay</b>	<b>Club:</b> Football (Year 5 and 6) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> FREE <b>Sign up via School Office</b>	
<b>Club:</b> Choir (KS2) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> FREE <b>Sign up via School Office</b> Start date: TBC		<b>Club:</b> Flavours Cookery School (KS2) <b>Time:</b> 3:30pm - 4:30pm <b>Cost:</b> £7 per session <b>Further details &amp; sign up:</b> <a href="http://flavourscookeryschool.co.uk">flavourscookeryschool.co.uk</a>		

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