

# St Barnabas CE Primary School Newsletter

10/02/2023



*'Let your light shine'*

Sadly, you will have heard about the terrible earthquake which has devastated parts of Turkey and Syria, with the death toll already at 20,000, and leaving thousands more injured, bereaved and homeless. Our children are keen to help out with fundraising and have asked me if they can hold a non-uniform day on Friday 17<sup>th</sup> February, along with a cake and ice pop sale to raise as much money as we can for the rescue campaign. Please support our children if you can, by sending a donation for non-uniform and a cake to school next Friday. Thank you.

Have a lovely weekend everyone.

*Miss Hodgkinson*

## *Letting our Light Shine*

Because of our Christian vision, we try our best to live out our Christian values in everything we do. Here are some examples of our children 'letting their light shine' in school this week.



### Confirmation Classes

We will be running Confirmation Lessons for children in Years 5 and 6 on Tuesdays after school from February 28<sup>th</sup> until April 4<sup>th</sup>, for children who wish to take the next step in their faith journey and be confirmed in a special confirmation service on 21<sup>st</sup> May. Classes are also open to any family members who also wish to be confirmed. Letters will be sent out next week.

### World Book Day

World Book Day is back on Thursday 2<sup>nd</sup> March and we have an exciting day full of activities that promote a love of reading planned for our children. Children and staff can come to school dressed as a book character if they wish. We will have costumes available in school for any children who want to dress up but don't have anything suitable at home.

### Our Christian Value for this half term is:

*'Thankfulness'*

**This week we pray for all those in Turkey and Syria who are affected by the earthquake, especially those who have lost their lives or lost loved ones.**

*"Every day may not be good, but there is something good in every day."*

*Alice Morse Earle*

**This week's big question is:**

How can I be thankful for the challenges that I've experienced?  
What did I learn from them?



## Children's Mental Health Week

This week is Children's Mental Health Week, and our children have taken part in a wide range of activities designed to encourage children to consider how we can make meaningful connections that support our mental health and how looking after our physical health can help our mental health too. Our children have had lots of fun doing drama, first aid, inflatable football, stay safe sessions and yoga. All of the specialists who came to school to lead the sessions commented on the exemplary behaviour, manners and enthusiasm of our children, who as always, let their light shine.



### 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks games can be much more than what we see on the surface; they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

#### THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest feels dopamine in our brain: the "feel-good" chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing as long as young players don't become reliant solely on playing video games to make themselves feel happy.

#### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help overcome that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

#### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distressed. It acts as a positive turn. So even achieving something small – like finishing a difficult level in Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

#### THE GREAT ESCAPISM

A certain amount of escapism is intrinsically allowing us to temporarily put aside the stresses of our world for a while. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real. Living their imagination and immersing them in a story, who wouldn't want to venture to the stars? Or battle monsters to save the planet?

#### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing specifically about the same often develop into conversations about the game and they've had a bad day, simply knowing that it's there to come back to can provide young gamers with a sense of security and some welcome laughs.

#### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often provides a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

#### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall on their own. Working as a team with trusted friends in a game can reinforce a young person's sense of purpose and achievement. It's a common goal and succeeding together can remind them that they're an integral part of something bigger.

#### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

#### A DIGITAL COMFORT

Video games can provide a reliable comfort for young gamers. Playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### Meet Our Expert

Daniela Uppicombe is a writer who specialises in technology, video gaming, virtual reality and VR/AR. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Victoria, Roblox and Minecraft. His work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and IGN.

**National Online Safety**  
#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/gaming/gaming-report-2022.pdf>



### Coronation of His Majesty King Charles III – Extra Bank Holiday

The Government has announced a one-off bank holiday on Monday 8<sup>th</sup> May to celebrate the coronation of His Majesty King Charles III. School will be closed on this day.

### Staying Safe Online

This week our e safety guide focuses on gaming and the positive benefits it can bring. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks etc) gaming can benefit a person's mental health. Games can be a way to socialise, be creative and problem solve. A number of benefits are listed in our guide, including a sense of achievement and teamwork.



Dates for your Diary	
13.2.23	Parents' Evening with Starbooks Cafe
14.2.23	Safer Internet Day
15.2.23	Parents' Evening with Starbooks Cafe
17.2.23	School closes for half term
27.2.23	School opens
28.2.23	3:15 – 4:15 Confirmation Classes start
2.3.23	World Book Day
7.3.23	KS2 author visit – Tom Palmer
15.3.23	Y4 trip to Quarry Bank Mill
17.3.23	Red Nose Day
3.4.23	3:15 Starbooks Reading Café – all families welcome
9.4.23	Easter Service at St Barnabas Church
6.4.23	School closes for Easter break
11.4.23 – 14.4.23	Easter Holiday Club
17.4.23	School opens for Summer Term
1.5.23	Bank holiday – school closed
5.5.23	Coronation Celebration in school
8.5.23	Extra bank holiday for the coronation of His Majesty King Charles III – school closed
9.5.23 – 12.5.23	KS2 SATs Week
15.5.23 – 19.5.23	Christian Aid Week
15.5.23 – 17.5.23	Y6 Residential to Forest Camp Activity Centre
26.5.23	School closes for Whit Break
12.6.23	School opens
30.6.23	Warrington Walking Day – school closed
3.7.23 – 7.7.23	Health and Lifestyles Week
4.7.23	Sports Day
5 & 6.7.23	Y6 high school transition days
21.7.23	School closes for summer break

### **Half Term Fun at the Youth Zone**

Warrington Youth Club are running a holiday club for children aged 7 – 11 at the Youth Zone during February half term from Monday 20<sup>th</sup> – Friday 24<sup>th</sup> February.

8-6pm daily (with drop off & pick up at any time during these hours) at a cost of £15 per day – this includes breakfast, lunch & snacks

There are 4 clubs to choose from:

Baking – Everything from recipes, budgeting, shopping & baking

Let's get crafty – All arts & crafts

Keeping fit – Gym, boxing & healthy eating

Mad about Sports – A variety of sports

