

# St Barnabas CE Primary School Newsletter

24/01/2025



*'Let your light shine'*

Our children have returned after the break with great attitudes and are rising to the challenges presented to them every day. This term we are working hard on improving writing across the school. Writing is a really difficult skill, as there are so many different aspects to think about including text structure, sentence structure, vocabulary, spelling and punctuation. This term we are focussing on accuracy, especially remembering to use capital letters, the correct punctuation and then proof read for mistakes. I am so proud of how hard our children have worked to improve these skills and really risen to the challenge. We have also welcomed a lot of visitors into our school already this term and every one of them have commented on the excellent standards of behaviour and enthusiasm for learning demonstrated by all our children.

Have a lovely weekend everyone!  
*Miss Hodgkinson*

HERE ARE SOME OF THE WAYS OUR AMAZING CHILDREN HAVE 'LET THEIR LIGHT SHINE' THIS WEEK IN SCHOOL...



### Starting Reception Class

If your child was born between 1<sup>st</sup> September 2020 and 31<sup>st</sup> August 2021, they are due to start reception class in September 2025.

You will need to apply for a place here:

<https://www.warrington.gov.uk/primary-school-admissions>

### Places in St Barnabas Nursery Available

We are now accepting applications for places in our nursery for January 2025.

Please ask the school office for an application form or to make an appointment to look around.

We can also assist with 2-year-old funding applications.

### **BE ON TIME!**

School starts: 8:40am

Children must be in before 8:50 or they will be marked LATE.

### Local Authority Attendance Update

The Local Authority will now be issuing fines (fixed term penalty notices) for parents who take children on holidays during term time. The link below will take you to the LA webpage containing information about penalty notices:

[School attendance | warrington.gov.uk](https://www.warrington.gov.uk/school-attendance)

Attending school on time every day is the best way to ensure your children's future success. Children with good attendance achieve much better in school and go on to get better jobs than those with poor attendance. The government expects all children's attendance to be **at least 96%**.

Here is our class and whole school attendance for last week:

Class	Attendance
YR	95.2%
Y1	98.3%
Y2	100%
Y3	99.2%
Y4	99.2%
Y5	94.3%
Y6	97.9%
Whole School	97.7%

An amazing week for Y2 who achieved an incredible 100% and also for Y1, Y3, Y4 and Y6, all with excellent attendance. Our overall school attendance increased to **97.7%**, which means less lost learning time. Well done everyone, let's keep this excellent standard next week.

Staying Safe Online

Our guide this week focuses on fitness apps. These can be very helpful in supporting young people as well as adults in choosing healthier lifestyles. We must be aware however, that children may interact with these apps if they have a negative body image. Our guide gives advice on some of risks and offers advice on how to safeguard younger users.

**What Parents & Educators Need to Know about HEALTH & FITNESS APPS**

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks. This guide outlines some of these concerns and explains how to use fitness apps safely.

**WHAT ARE THE RISKS?**

**LACK OF PERSONALISATION**  
Many apps take a one-size-fits-all approach. They do not take into account individual differences such as age, gender, height, weight, or medical history. This can lead to inappropriate recommendations and potentially cause harm or injury.

**NOT DEVELOPED BY EXPERTS**  
Many fitness and wellbeing apps are developed by individuals or small businesses, not by qualified health professionals. This means they may not be based on sound scientific evidence and could be ineffective or even harmful.

**REDUCED INTERACTION WITH OTHERS**  
Physical wellbeing apps can reduce the social and interactive elements which are important for motivation. They may also encourage unhealthy competition between users, leading to negative body image and self-harm.

**EXERCISE AND SOCIALISE**  
Highlighting the importance of challenges, engaging fitness activities with friends and family can be a great way to stay motivated. However, it's important to ensure that the focus is on health and wellbeing, not on appearance or weight.

**PROMOTE POSITIVE BODY IMAGE**  
While we want children to be active and healthy, we must also ensure they are not influenced by unrealistic body goals. Encourage a focus on health and wellbeing, not on appearance or weight. It's important to ensure that the focus is on health and wellbeing, not on appearance or weight.

**DATA AND PRIVACY CONCERNS**  
Fitness and wellbeing apps often collect a lot of personal information, such as location, health data, and contact details. It's important to check the app's privacy policy and ensure that the data is being collected and stored securely.

**ADDITIONAL COSTS**  
While many fitness apps are free to download, they often have in-app purchases for extra features or content. It's important to be aware of these costs and to ensure that the app is worth the investment.

**DEPENDENCY ON THE APP**  
While physical wellbeing apps can be helpful, they should not be used as a replacement for professional advice. It's important to ensure that the app is used as a tool, not as a crutch.

**REVIEW THE APP FIRST**  
Before allowing someone under 18 to use a fitness and wellbeing app, check its age rating, read the privacy policy, and ensure that the app is suitable for their age group. It's also important to ensure that the app is being used in a safe and secure environment.

**USE PARENTAL CONTROLS**  
As with all apps, it's important for parents to familiarise themselves with the app's features and settings. This includes checking the app's privacy policy, ensuring that the app is being used in a safe and secure environment, and ensuring that the app is being used as a tool, not as a crutch.

**Meet Our Expert**  
Dr. Claire Buchanan is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies and systems. She has written numerous reports and delivered training for the Australian Government, competing internet sites and leading technology of young people in the UK, USA and elsewhere.

Source: See full reference list on guide page at <https://www.thenationalcollege.com/updates/wellbeing-fitness-apps>

#WakeUpWednesday The National College

@wake\_up\_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Our Christian Value for this half term are:

*'Respect / Humility*

"We should all consider each other as human beings, and we should respect each other."

**Malala Yousafzai**

**This week we pray to give thanks for all the people who help us in our lives.**

**This week's big question:**

Why is it important to look after our planet?

Meet and Greet

Don't forget, if you have any issues in the morning or at the end of the day, a member of staff will be outside for you! We have staff available every morning and afternoon at each entrance gate – we can help you with any issues you may have, no matter how small. Please come for a chat if you need to.

**School Term Dates 2024 - 2025**

Tuesday 7 <sup>th</sup> January	School opens
Friday 14 <sup>th</sup> February	School closes for half term
Monday 24 <sup>th</sup> February	School opens
Friday 11 <sup>th</sup> April	School closes for Easter break
Tuesday 22 <sup>nd</sup> April	School opens
Monday 5 <sup>th</sup> May	Bank holiday – school closed
Friday 23 <sup>rd</sup> May	School closes for half term
Monday 9 <sup>th</sup> June	School opens
Friday 27 <sup>th</sup> June	Warrington Walking Day – school closed
Friday 18 <sup>th</sup> July	School closes for Summer break

**Dates for your Diary**

3.2.25 - 7.2.25	Children's Mental Health Awareness Week
10.2.25	3:15 – 6pm Parents' Evening and Starbooks Reading Cafe
11.2.25	3:15 – 6pm Parents' Evening and Starbooks Reading Cafe
12.1.25	6pm Confirmation Service for Y4, 5 & 6 pupils
14.2.25	School closes for half term
24.2.25	School opens

Healthy Packed Lunches

If you do opt to send your child to school with a packed lunch, we do encourage to make healthy choices when preparing this:

A healthy packed lunch should consist of:

- Fruit and vegetables
- Unrefined starchy food - for example multigrain bread, pasta or rice
- Sources of protein - meat, fish, eggs, beans etc.
- Milk or other dairy foods - i.e. cheese
- A small amount of fat, sugar and salt
- Water, milk or juice

Please be aware that we are a nut free school. We have children at school who have very severe nut allergies and would require medical assistance if they came into contact with nuts. Therefore, please ensure that your child's packed lunch does not contain any nuts and check ingredients if you are not sure.

**GIRLS RUGBY LEAGUE**

WE ARE RECRUITING FOR THE 24/25 SEASON  
COME DOWN TO A TRAINING SESSION

ARE YOU IN YEARS 5 & 6 -  
COME JOIN OUR TEAM!

WE TRAIN AT VICTORIA PARK (WINTER TRAINING)  
FRIDAY - 7PM - 8PM

Use the QR code to get in touch today

Get in touch to find out more [warringtongirlsrl@gmail.com](mailto:warringtongirlsrl@gmail.com)

**Warrington Football Development**



At Penketh High School (Sports Hall)  
Heath Rd, Penketh, Warrington, WA5 2BY  
Starting on Monday 27th January 2025

**In association with First Kick Football**

School years - Reception & Year 1 6:00pm - 6:45pm  
School years - Year 2 & Year 3 6:45pm - 7:30pm  
School years - Year 4, Year 5 & Year 6 7:30pm - 8:30pm

Dear parents,  
Places are now available to join a new 12-week football course every Monday at Penketh High School, which is open to both boys and girls.

Our courses teach children correct football techniques by FA qualified coaches who have full DBS (CRB) clearance to work with children. The structure for the course is 'FUN through Football,' building confidence for total beginners and moving onto more complex sessions for experienced players.

We provide a ball per player for the majority of our drills ensuring children get more touches of the ball and improve quicker than conventional coaching where children are waiting around to have a turn. The sessions are held in the fantastic sports hall so trainers should be worn. Players are also advised to bring a still drink for the session.

The club has links to local junior teams of which players will be able to play for at the weekend. Players who show advanced ability on the course will be recommended for trials at professional academies. Players who have previously attended courses are currently playing for Preston North End, Blackburn Rovers, Manchester United, Liverpool, Blackpool, Everton, Burnley, Bolton, Oldham, Rochdale and Wigan.

The cost of the course is just £6.25 per week, which is payable in two instalments. The first payment of £25 is due when booking your child on and the second payment of £50 due at the first session. Parents are encouraged to watch the sessions but are welcome to leave children, as every session is fully supervised.

**\*\*NEW TOURNAMENT FORMAT\*\***

Every four weeks we have a tournament in order for the children to put their new-found skills into practice with medals awarded at the end of the course for various categories.

ALL PLAYERS WILL RECEIVE A TROPHY AND MEDAL at the presentation, which is held on the final week of the course. Additional trophies will also be awarded in each group from categories including; Best Attitude, Star Player, Most Improved Player, Most Promising Player and Hardest Working Player.

To book a place for your child please telephone:

**Scott**  
0151 363 6503 or 07514 316534  
[www.firstkick.co.uk](http://www.firstkick.co.uk)



We cannot guarantee that the course will run in consecutive weeks  
Please note we have a strict no refund policy once the course has been booked

THE FUN MARTIAL ARTS TRAINING SYSTEM FOR CHILDREN 3-5 YEARS OLD



- Learn Through Play
- Improve Balance & Co-ordination
- Develop Flexibility
- Increase Self Confidence
- Have Fun
- Learn Respect
- Learn Basic Self Defence

Padgate	Padgate Community Centre	Monday 4:15-5:00pm
Great Sankey	Whittle Hall Community Centre	Wednesday 3:45-4:30pm
Orford	Orford Day Centre	Thursday 6:15-7:00pm
Penketh	Penketh Pool and Community Centre	Friday 3:45-4:30pm

All instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.



Limited spaces available. Book your FREE TRIAL LESSON online now at

**WWW.UKTC.CO.UK**  
or phone 01786 845060

**FREE TRIAL LESSON**

TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVER LEAF

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS & SELF DEFENCE CLASSES

**TAEKWON-DO**

FOR KIDS (5YRS+), YOUTHS & ADULTS




TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (9 years+).



ACTIVE TIGERS for boys and girls aged 5-8 years is the fun and safe Martial Arts training programme that will help improve their fitness, self confidence, self discipline, coordination, flexibility, and teach them effective self defence skills.

<p>Appleton Appleton Parish Hall Tuesday 4.45-5.45pm</p> <p>Culcheth Culcheth Community Centre Wednesday 5.00-6.00pm</p> <p>Great Sankey Whittle Hall Community Centre Wednesday 4:30-5:30pm</p>	<p>Great Sankey Great Sankey Primary School Wednesday 7:00-8:00pm Wednesday 8:00-9:00pm (Youth &amp; Adult)</p> <p>Lymm Lymm Youth &amp; Community Centre Thursday 4:30-5:30pm</p> <p>Orford Orford Day Centre Thursday 7:00-8:00pm Thursday 8.00-9.00pm (Youth &amp; Adult)</p>	<p>Padgate Padgate Community Centre Monday 5:00-6:00pm</p> <p>Penketh Penketh Pool and Community Centre Friday 4:30-5:30pm</p> <p>Winwick Winwick Primary School Tuesday 7:00-8:00pm</p>
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All instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.

Limited spaces available. Book your FREE TRIAL LESSON online now at

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or phone 01786 845060

**FREE TRIAL LESSON**

LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVER LEAF



**WARRINGTON SWIMMING & WATER POLO CLUB**

**WARRINGTON SWIMMING**  
HARDER, BETTER, FASTER, STRONGER

**We have UP TO SEVEN swimming sessions and water polo sessions every week!**

The Warrington Swimming and Water Polo Club aims to teach swimming in a safe, child friendly environment. Developing children's water skills and introducing them to the appropriate development and competitive pathways. Encouraging young people to volunteer, so that swimming and its other disciplines provides a life-long skill that is fun and supports a healthy lifestyle.

**Swimmers aged 4+**  
We want children to enjoy the water and have fun on race days! We welcome all abilities and celebrate every goal reached.

**Visit: www.warringtonsc.co.uk**

**Orford Jubilee Park:**  
Wednesday 7:00-8:30pm Main pool  
Sunday 8:00-9:00am Small pool and Main pool

**Great Sankey**  
Tuesday 7:00-8:00pm Main pool

**Woolston**  
Friday 7:00-8:30pm Main pool

**Interested in a trial?**  
membership@warringtonsc.co.uk

**Why not volunteer and help?**  
The club is the only Swimming Club in Warrington run completely by volunteers. We would love to hear from you if you wish to join the team and help out!  
workforce@warringtonsc.co.uk

**Call: 07496 354662**



**WARRINGTON SWIMMING & WATER POLO CLUB**

**Boys & Girls aged 8+**

**WARRINGTON WATER POLO**  
GIVE IT A GO

**Fast, fun and fantastic!**

Looking for a new exciting sport? A sport that can take you from junior right up to adult life? One you can continue to play through college or university, even to the dizzy heights of the Olympics? Then why not give water polo a go!

**It's fast, it's fun, it's awesome.**

**Please call: 01925 967172**

**Mondays:**  
Under 13 6:30-7:30pm  
Over 13 7:30-8:30pm

**Wednesdays:**  
Under 13 7:00-8:00pm  
Over 13 8:00-9:30pm

**Saturdays:**  
Under 13 4:00-5:00pm  
Over 13 4:30-6:00pm