

# St Barnabas CE Primary School Newsletter

31/01/2025



*'Let your light shine'*

All our pupils are incredible leaders and always looking for ways to help and support others— this week our Well-Being Warriors have talked to the whole school about Children's Mental Health Awareness Week and shared activities they will be running during lunchtime next week. Every day you will find our SSOC (School Sports Organising Crew) busy leading games on the playground, our Super Behaviour Team helping round school and our attendance ambassadors giving up their lunchtimes to encourage and reward children who have improved their attendance. Where ever you go in our school you find children letting their light shine – we have many future leaders and I am confident they will make the world a better place.

Working Collaboratively

Our school has been working for a number of years within a group of nine schools supporting school improvement. To preserve the quality of education and opportunity for our pupils and staff, we are looking to develop a new multi-academy trust together. Over the coming weeks we will be sharing our plans with our communities, including gaining your views and how you can contribute to our school's future.

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	94%
Y1	89%
Y2	94%
Y3	97%
Y4	97%
Y5	98%
Y6	97%
Whole School	95%

A great for Y3, Y4, Y5 and Y6, all with excellent attendance. Our overall school attendance increased to **95%**, which means lost learning time. Let's improve this next week.

## Children's Mental Health Awareness Week

### What is Children's Mental Health Week?

Children's Mental Health Week is a mental health awareness week that launched by children's mental health charity, [Place2Be](#). The week exists to empower, equip and give a voice to all children and young people in the UK.

### When is Children's Mental Health Week 2025?

Children's Mental Health Week 2025 will take place from 3-9 February 2025. The week launched a decade ago in 2015 and we celebrate it every February, with this year marking the 11th Children's Mental Health Week.

### What is the theme for Children's Mental Health Week 2025?

This year, Children's Mental Health Week is focussing on [Know Yourself, Grow Yourself](#).

We want Children's Mental Health Week 2025 to encourage children, young people and adults to embrace self-awareness and explore what it means to them. This will help them grow and develop resilience to cope with what life throws at them.

### Who are you partnering with for Children's Mental Health Week 2025?

This year [we're partnering with Here4You](#), supported by [The Walt Disney Company](#) and the *Inside Out 2* characters to explore our theme Know Yourself, Grow Yourself.

[We're partnering with Here4You](#), supported by [The Walt Disney Company](#)!

## Our Christian Value for this half term are:

### *Respect / Humility*

*"Respect people's feelings. Even if it doesn't mean anything to you, it could mean everything to them."*

J Johnson

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

### This week's big question:

Should we respect everyone?



## Introduction

To celebrate Place2Be's Children's Mental Health Week 2025, the Art Room is happy to share this short activity to explore this year's theme: Know Yourself, Grow Yourself!

This resource encourages children to learn more about themselves by imagining a plant in growth. It starts off by inviting children to reflect on the roots of their identity, what is important to them, and what helps them grow. They will then think about what is growing from these roots, as with greater understanding of oneself also comes an increased capacity for personal growth, resilience, and connection with others.

### Activity Aims

- Embrace self-discovery and self-awareness
- Promote personal growth

### Materials

- paper or card
- paint, crayons, coloured pens, or pencils

### Optional

- recycled bits and bobs
- scissors
- string, glue, or tape

## Activity

The activity has two parts, so make sure you separate your page into a bottom half for the roots and a top half for the plant.

Imagine that you are a plant that has just started growing...

### Part 1: Know Yourself - Roots

1. Let's begin at the roots. What do they look like and where are they growing? Perhaps these roots are in a flowerpot, forest, or near a pond? Sometimes plants grow in the least expected places, like a crack in the pavement!

Fun fact: Did you know that roots can be twice (or more) as big as the plant itself?

*Think of these roots as important parts of who you are, as well as the things that shape you and matter most to you. Everything grows from those roots!*

2. Now it's time to make your art! Use your choice of art materials to create a picture of the roots you imagined. This can include drawing, painting, or even cutting/tearing and pasting recycled paper and materials. You can use words too.
3. You can also draw the areas surrounding the roots. What is helping them to grow? Are there any animals or insects underground where your roots are growing?

### Part 2: Grow Yourself - Plant

1. Time to imagine the plant that would be growing from these roots. It could be anything from a type of flower; to a cactus; to a tree. It could even be completely imaginary! Perhaps your plant has something growing on it like fruit, or blossoms. Maybe there are animals or birds living in it.

*Think of it as what you would look like if you were a plant! It represents the person you have grown into and would like to be. Consider what makes you similar and different from others.*

2. Using your choice of art materials, now you can create the plant you imagined growing from the roots in your picture.

### Reflection Questions:

Plants go through many changes and types of weather; adjusting to their environment as they grow.

1. What special features does your plant have so it can keep growing as things change, even in difficult times?
2. Is there anything else around your plant that is also helping it grow?



This project includes a video by Place2Be Ambassador Ricky Martin, also known as CBBC's Art Ninja. [Watch our accompanying video before heading into the creative activity so Ricky can guide you through the project!](#)

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

### 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.



## Staying Safe Online

As we approach Children's Mental Health Week, our guide this week helps parents to support their children to develop emotional literacy. Everyone experiences times in their lives where they become upset, angry or scared. Our guide this week gives parents tips on how we can support children to express and process these feelings in a healthy way.

All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.org](http://nationalcollege.org).

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and provide examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings and how you're dealing with them. Explain how you're feeling and what you're thinking. They learn by example. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during stressful situations. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, providing a real-life framework for young ones to follow.

### 4 USE STORYTELLING

Encourage storytelling to help children understand and express their emotions. Use stories to explore different scenarios and how characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might act in similar situations.

### 5 PRACTISE EMPATHY

Encourage children to consider others' views and emotions - and to explore why they might think or feel this way. Use role-play and discussion to explore different scenarios and how characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might act in similar situations.

### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make notes of thoughts and emotions, or writing one provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional state. Do this alongside them, so they can see and experience how to do it effectively.

### 7 TEACH PROBLEM-SOLVING

So what you can to help children develop problem-solving skills to assist in managing emotions. Encourage children to brainstorm solutions to emotional conflicts and encourage them to think creatively about what they feel and how to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open dialogue and reassure them that all feelings are valid. This supportive atmosphere provides them with a safe space to express themselves with confidence.

### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a powerful tool that encourages continued growth and reinforces the importance of emotional literacy. Encourage young people to recognise their good habits and healthy behaviours that you've taught them.

### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penketh Grammar School and works as a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



**WakeUp Wednesday**  
The National College

[@wake\\_up\\_weds](https://www.wake_up_weds) [www.thenationalcollege](http://www.thenationalcollege) [@wake\\_up\\_weds](https://www.wake_up_weds) [@wake\\_up\\_weds](https://www.wake_up_weds)

## 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.

# TIPS FOR FAMILIES

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

- 1 Encourage journaling**  
Just like Riley, encourage your older children and young people to express their emotions and thoughts through journaling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**  
When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**  
Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**  
Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**  
Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives - from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



*Wishing all our friends and families a happy Chinese New Year!*

**Happy Chinese New Year 2025**

## ST HELENS WELLBEING

### Healthy Air for Healthy Lungs workshops

We are holding 4 workshops to give information about the Air quality project

- If your child is between 2 and 10 years old
- Has your child been prescribed at least 3 inhalers in the last 12 months

At the end of each workshop, if you meet the criteria, you will be given an indoor air quality (IAQ) monitor for the length of the project, which will help check how healthy the air inside your home is. The monitor is a simple plug-in device, and after 3-months of data, you will qualify for either a £50 love to shop voucher or an air purifier.

**Workshop dates**

<b>Westy Community Centre</b> Bridgewater Ave, Litchford Warrington WA4 1TA Friday 7th February 2025 11:00 till 1:00	<b>Whitecross Community Centre</b> Lisson Street, Whitecross Warrington WA5 1PE Monday 17th February 2025 10:00 till 11:00	<b>Greenwood Community Centre</b> Greenwood Crescent Orford Warrington WA2 0DJ Tuesday 25th February 2025 10:00 till 11:00	<b>Fearnhead Cross Community Centre</b> Instal Road Fearnhead Warrington WA7 0RH Friday 28th February 2025 10:00 till 11:00
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You can sign up to take part in our year-long Healthy Air for Healthy Lungs project Sign up today at: [www.sthelenswellbeing.org.uk/services/health-checks/pages/healthy-air-for-healthy-lungs](http://www.sthelenswellbeing.org.uk/services/health-checks/pages/healthy-air-for-healthy-lungs) or call 01744 371111

**WARRINGTON**  
Borough Council

# 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

