

St Barnabas CE Primary School Newsletter

07/02/2025



'Let your light shine'

This week is Children's Mental Health Awareness Week – promoting positive mental health is really important to us at St Barnabas, so I thought I would share some of the strategies we have in place to support our children. The promotion of good mental and physical health is a key part of our curriculum – all children take part in weekly PE and PSHE (Personal, Social, Health and Economic Education) lessons, which equip them with the skills and strategies to deal with challenges effectively. We also have themed days and weeks through the year to develop children's understanding further and raise awareness – in the Autumn Term our children took part in Anti-Bullying Week, on Tuesday KS2 classes took part in Cyberwise workshops on Safer Internet Day and in the summer term we run Health and Lifestyle Week where the children get to try a range of new wellbeing focussed activities and learn about a wide range of careers. In addition, we have a range of pupil leaders who support other children – this week our Wellbeing Warriors are leading a range of wellbeing lunchtime activities and our Mini Police have led an Anti-Bullying assembly.

In addition, all our children are reminded regularly that they can talk with friends or trusted adults, or if they feel unable to do this, they can share that they are worried about something by putting their name in the 'worry monster,' putting their worry stone on their teacher's desk or showing an emoji card. We have a range of highly skilled staff in school who can work with children who need any extra support and we also work with a range of specialists including the Mental Health Support Team, play and animal therapists. As a parent, you can support your child by developing a good bedtime routine, ensuring they eat a healthy diet, limiting their screentime and monitoring online activity carefully. Also encourage your child to step out of their comfort zone and try a new activity – this is really good for positive mental health. Why not encourage them to sign up for a new after school club after half term? If you have any worries about your child's mental health, speak with your child's class teacher, myself or Mrs Fisher – we will work together to ensure your child gets the support they need to enable them to thrive and be their best.

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 1st September 2020 and 31st 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>

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)

Places in St Barnabas Nursery Available

We have places available in our nursery for 2-, 3- and 4-year-olds.

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 and 30 hours funding applications.

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	90%
Y1	97.5%
Y2	92%
Y3	97.6%
Y4	98%
Y5	94%
Y6	97%
Whole School	90%

A great for week Y1, Y4, Y5 and Y6, all with excellent attendance. Our overall school attendance this week was **95%**, which means lost learning time for many children.

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

"We don't need to share the same opinions as others, but we need to be respectful."

Taylor Swift

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

This week's big question:

If you don't respect our planet, should you be punished?



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

Dates for your Diary

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

Our guide this week looks at fake news and scammers. Online scammers are a well-known concern but scammers can use phony material to manipulate and frighten victims into cooperating. Our guide breaks down the most prominent ways in which scammers use fake news to their advantage and how we can safeguard our children against this.

WHAT ARE THE RISKS?

"Fake news" refers to fabricated or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message entices saying "Have you seen this video of yourself?" or you might be sent an otherwise legitimate headline about a celebrity that's been shared on social media. This kind of "hook" is produced by scammers to get you to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince you children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense level of detail), inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats and blackmail.

SALES, DEALS & DISCOUNTS

Some scammers appear as adverts, offering a chance to buy something - such as designer products, exclusive goods or tickets to a popular show - at a reduced price. Such plays often include a time limit or guarantee to get you to hurry so we don't miss out on the deal. This phony or payment information is often passed to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or prizes. It could be a message offering a free gift, free trial, bonus credit, and so on. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by going on.

ENCOURAGE HEALTHY SCEPTICISM

Most scammers rely on emotional or psychological manipulation, tapping into our human instincts - whether that's to keep ourselves safe, help others, find answers, make friends, avoid trouble and/or to improve our lives. Encourage children to question anything that seems too good to be true and to consult with an adult, especially if what's on offer sounds too good to be true.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, fake news or other online threats. Proactive advice to help children understand the risks and what to do is essential. Many schools and services offer support services that are available to them (such as Childline).

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on online security. Use reliable sources such as reported in the news and make use of what topics were used. Keep up with young people's digital lives. Take advice from their parents and other trusted resources to learn what risks certain sites and apps pose to their younger users.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they can protect themselves. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Hearing the victim story helps young people learn seeking you for help. Remember, adults are scammed just as often, if not more.

MEET OUR EXPERT

Dr. Sarah-Jane Jones is the founder of Online Media Use UK and a leading expert in digital safety, media use and young people. Her PhD investigated children's understandings of risk online. She works with schools, businesses, and universities to provide research-informed advice on the technical, legal and ethical considerations for the digital age. Visit OnlineMediaUse.co.uk for more.

Wake Up Wednesday The National College

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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.

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

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

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

SENDIASS DROP IN SESSION

Warrington SEND Information, Advice & Support Service

ORDER OF SESSION

09:00 - 10:00

- What is an EHCP?
- The EHC Assessment Process
- Requesting an EHC Needs Assessment
- Completing an EHC Request
- Submitting the Request
- Next Steps

10:00 - 10:30
EHC Request Individual Q&A Drop In

10:45 - 12:00
General Queries Drop In Sessions

WEDNESDAY 5TH FEBRUARY - 09:00 - 12:00
Sandy Lane Children's Centre, Sandy Lane, Orford, WA2 9HY

WEDNESDAY 12TH FEBRUARY - 09:00 - 12:00
Westy Children's Centre, Tinsley Street, Latchford, WA4 1RE

THURSDAY 27TH FEBRUARY - 09:00 - 12:00
Great Sankey Children's Centre, Liverpool Road, WA5 1SB

THURSDAY 6TH MARCH - 09:00 - 12:00
Orchards Children's Centre, Hidden Road, WA2 0JP

THURSDAY 13TH MARCH - 09:00 - 12:00
Burtonwood Library, Chapel Lane, WA5 4PS
(Running Order May Differ)

THURSDAY 20TH MARCH - 09:00 - 12:00
The Hub, Capesthorpe Road, Orford, WA2 0JF

TUESDAY 25TH MARCH - 09:00 - 12:00
Birchwood Community Room, Admiral Road, Birchwood WA3 6GQ

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