

WE INSPIRE, CHERISH AND BELIEVE
IN EACH PERSON THAT THEY MIGHT FLOURISH
AND FULFIL THEIR POTENTIAL

World Mental Health Day



Our children fully embraced World Mental Health Day and our staff did too!
We love the idea of the Michael Rosen approach to emotions- "You can't go over it, you can't go under it, you have to go through it!"

We encourage all our children at Barnham to feel all their feelings rather than ignore the uncomfortable ones. We also encourage them to talk about their emotions and seek help when they need it.

We hope that you'll all be able to take some time for self-care over the next few days, whatever that might look like for you.

Don't forget if you need help, you are not alone and there is always someone you can talk to:

Childline - 0800 1111

Samaritans - 116 123 (Always open)

Mind - 0300 102 1234 (Open 9am - 6pm weekdays)

CALM - 0800 58 58 58 (Open 5pm- midnight)

Thank you for wearing yellow accessories!

CONNECT Coffee Morning

Thank you for joining us on Tuesday and thank you to the MHST team, Lucy and Elaine for joining us.

We have had two CONNECT Coffee Mornings this half term but we are hoping to do one each half term moving forward and hope that this will enable more of you to attend.

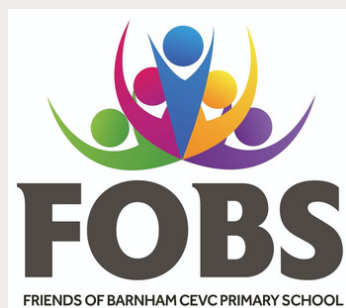
Our next meeting together will be on:
Thursday 12th December 9- 10am
and it will have a Christmas Theme!



Please save the date and more information will follow in due course!

Messages from FOBS

FOBS have several great events coming up. Just look at the posters below for more information. Do save the dates if you can and come along and support the FOBS team at these amazing events! We know the children will enjoy them and benefit from the fundraising too.

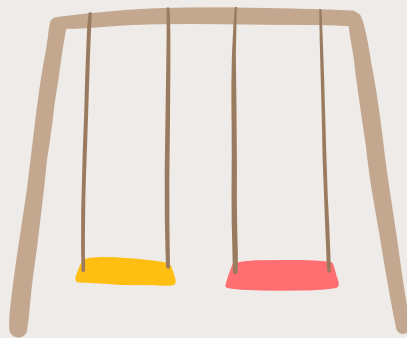


The Park

Please can we ask that you supervise your children if you are with them in the park before or after school.

We have spent a considerable amount of time in school this week sorting out incidents that have occurred in the park, to help children feel more settled in school and able to access their learning.

Thank you for your cooperation with this.



Book Recommendations

This term, we are focusing on recommending non-fiction books. Our staff are busy reading and sharing recommendations at our staff meetings. This week we have recommendations from: Mrs Bird and Miss Garner and both of the books have an animal theme! Do have a read if you can and then do let us know what you think of these books.



*Safari Readers Books
Recommended by
Miss Garner*



<https://www.safarireaders.com>

*An Anthology of Intriguing
Animals Recommended by
Mrs Bird*



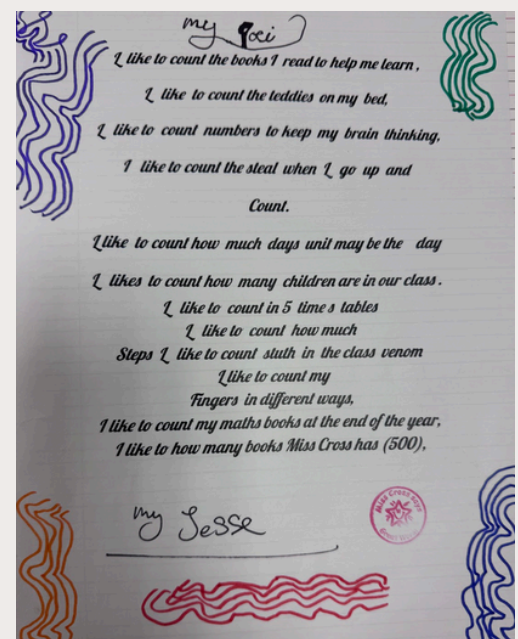
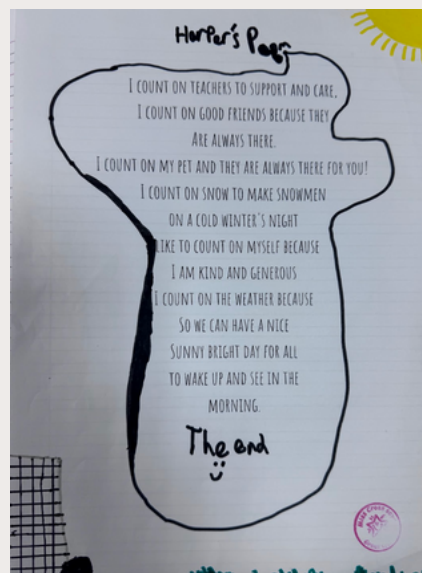
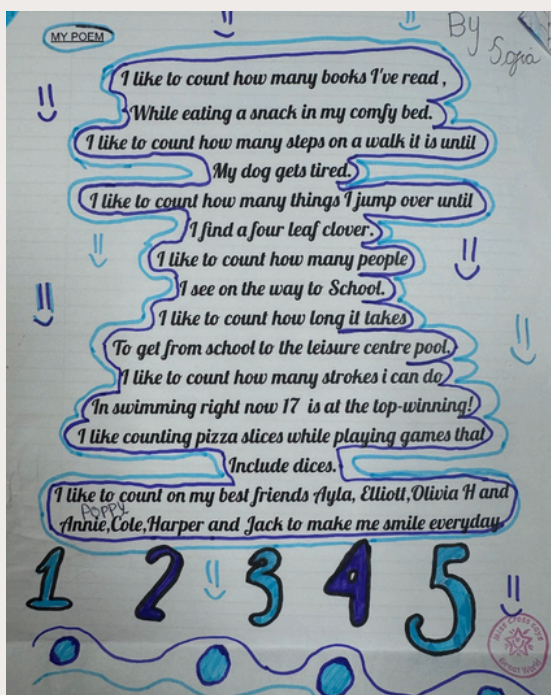
National Poetry Day

Last week we celebrated National Poetry Day!

We read and enjoyed sharing poems together, reading them aloud, performing them and also writing them ourselves!

Fox class enjoyed practising and performing to the whole school their rendition of the poem 'Walking with my iguana' by Brian Moses. There were drums for the beat and even funny solo lines which had everyone laughing! Well done Foxes for a brilliant performance.

Squirrel class wrote their own poems on this year's Poetry Day theme - 'counting.' They were really creative with how this can be thought about: people we count on, but also the things we can count. Take a look at some brilliant examples from Sofia, Harper and Jesse who shared their work in collective worship with everyone.



Thrive Activity of the Week

This week's THRIVE activity continues with our theme of 'Hello Yellow' for Mental Health Day.

They have created a 'Wellbeing Bingo' and we'd love to see if you can complete all of these tasks over the next week.

Perhaps you can do it as a family!

We can't wait to see what you get up to, as always, please e mail in some photographs as we love to see them and share them in our newsletters! We might even start making a display in school with all the photos on.

admin@barnham.suffolk.sch.uk

Wellbeing Bingo

Play our wellbeing bingo by crossing off the activities you've done to help your mental health. You can also play with your friends/family!

In the past week I have...

<p>Sung in the shower</p> 	<p>Played with a furry friend</p> 	<p>Slept well</p> 	<p>Spent time with family/friends</p> 
<p>Listened to my favorite songs</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Exercised</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent time outdoors</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Explored a new place</p> 

Illustrations by Jen Springall

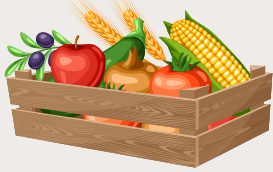
#HelloYellow M&S | YOUNGMINDS

Harvest is coming!



As you'll know we are having our Harvest Festival at St Gregory's Church, Barnham at 1:30pm on Thursday 17th October. You are all invited to join us as we celebrate Harvest time and thank God for all that we have. Each class are busy preparing something to share and we can't wait to celebrate together!

As part of our Harvest Celebrations, we'd LOVE to give back to our community as part of our Change Agents work. The lovely Steph from Thetford Foodbank came to lead Collective Worship on Tuesday and we all learned so much. We'd love you to bring in boxes of cereal so that we can collect as many as we can for Thetford Foodbank. The children will probably have told you, we want to line up as many boxes of cereal and make a 'domino rally' kind of effect to celebrate your generosity. If you want to donate UHT longlife milk that would also be gratefully received.



Our Value is Friendship

Our BIG QUESTION this week is:

How can we support our friends when they are going through a tough time?

We are sure that this big question could lead to some interesting discussions around the dinner table! If you know anybody going through a tough time, why not put your ideas into action! Go for it Barnham Change Agents!

It has been another busy week in Collective Worship this week, we have had visitors: Steph from Thetford Foodbank, Diane Dickson from Salvation Army and Vicar Karen.

We are busy learning songs for our Harvest Festival and continuing to think about how we can be better friends with one another.



Our Friendship Bible Verse - Ecclesiastes 4 v 9-10

Two people are better off than one; for they can help each other succeed. If one person falls, the other one can reach out and help, but someone who falls alone is in real trouble.

Lunch Menu for Next Week

Monday 14th October	Tuesday 15th October	Wednesday 16th October	Thursday 17th October	Friday 18th October
Meatballs & Pasta with veg OR Vegi Balls	Fishcakes with herby potatoes and green beans OR Vegi Fingers	Tomato pasta bake & veg OR Jacket Potato	Roast Chicken, Stuffing & fresh vegetables OR Quorn Fillet	Sausage & Chips with veg or beans OR Quorn Sausage
Chocolate Roll	Gingerbread	Cupcakes	Ice Lolly	Crumble & Ice-cream

Diary Dates

Monday 14th October - 5pm - Year 6 Children & Families Residential Information Evening - Mike from Manor Adventure will be there to answer your questions.

Tuesday 15th October - Individual Photographs in school

Thursday 17th October - 1:30pm - Harvest Festival at Church, all welcome

Friday 18th October - FOBS Youth Hangout for Y4-Y6 Children (more information to follow)

Monday 21st October & Tuesday 22nd October - Parents Evenings

Monday 28th October - Friday 1st November - Half Term Holiday

OUR SCHOOL BIBLE VERSES:

"But blessed is the one who trusts in the Lord,
whose confidence is in him.

They will be like a tree planted by the water
that sends out its roots by the stream.

It does not fear when heat comes;
its leaves are always green.

It has no worries in a year of drought
and never fails to bear fruit."

Jeremiah 17:7-8

Jesus said 'I am the vine; you
are the branches.

Those who abide in my and I in
them, will bear much fruit.'

John 15:5

