

BARNHAM CEVC PRIMARY SCHOOL

2ND FEBRUARY 2024

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



Attendance Matters!



Well done!! On Friday 2nd February we had every single child in school!

100% attendance!

This is the first time this academic year this has happened!

Let's see if we can make it a weekly achievement!

Appearance Matters!

Our school uniform helps to show that we are part of our Barnham Family and proud to be at school, together.

It sets the scene for being at school and getting stuck into our learning adventures.

Please can we ask that our uniform requirements are followed, particularly:

No hooped earrings. Small stud earrings only

No dyed / bleached hair

Black hoody / sweatshirt on PE Days

Black leggings / joggers / shorts on PE Days

Plain white t-shirt on PE Days

Uniform

Grey Trousers, Skirt or Pinafore Dress

White Polo Shirt / Blouse or Shirt

Red School Cardigan / Jumper

Black School Shoes (no trainers or sandals)

Red and White Gingham dress in warmer weather

Shorts in warmer weather

PE Kit

Black shorts / joggers / leggings

White T-shirt, plain or school logo

Black sweatshirt / hoody or red school jumper

News from Badgers

Brilliant Badgers are Super Scientists.

Badgers have been learning about Forces and Magnets in Science this half term.

We have learnt what a force is and looked for examples of this in our own classroom. Last week we were investigating the effects of different surfaces on the distance travelled by a toy car. We discovered that the bumpier the surface the smaller the distance travelled. This is because there is a higher resistance from the surface. This week Badgers were learning about friction. We investigated Newton Metres and learnt about Sir Isaac Newton, the man who developed the law of gravity. We brought this learning to life and looked at how friction can affect Formula 1 Racing. We discussed how the surface changes when the track is wet and what the team might need to do to the cars to counteract this change in the track. This has been some really tricky learning and Badgers have been brilliant at recalling past knowledge and making links between what they already know. Well done, Badgers.





Children's Mental Health Week 2024



Next week is Children's Mental Health Week. Children's Mental Health Week was launched in 2015 and each year, hundreds of schools, children, parents and carers take part. Now in its 10th year, the theme is

'My Voice Matters'.

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD? Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views. PARENTINGSMART.ORG.UK

Place 2 Be visited various schools across the country to ask children what they needed from their families in terms of supporting their mental health. This is what the children shared:

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

📌 For primary children: bit.ly/3PzCGI8

📌 For secondary children: bit.ly/3LBD2wK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Do check out the website to find out more advice and explore their resources. Let's work together to make sure all of our children know that they have a voice and their voice matters.

The children have even learned a song about this which we hope to record soon and share via our social media.

We will be asking our children to create a postcard activity next week to tell us what through art work really matters to them. We hope to share some in our next newsletter and that when the children bring these home, you'll have a chance to talk to them and hear their voice and opinions.

Our Value is Truth

We continued our work on the value of Truth this week.

We have enjoyed exploring this BIG QUESTION, perhaps you'd like to continue talking about this at home:

When do you have the opportunity to listen to each other's points of view and how do you learn from this?



On Monday, Mrs Bird led Collective Worship on the theme of reflecting and remembering as it was Holocaust Memorial Day at the weekend.

On Tuesday, Helen Matter came to lead Collective Worship on our value of truth. We loved listening to her stories of when she was younger and she didn't always find it easy to speak the truth.

She'll be visiting us again soon to do a MAF assembly. We are going to be trying to raise some money for MAF over the coming weeks and months. Watch this space for more information in the coming weeks.

Coming Up...

Next week in Collective Worship, we are looking forward to a Fearfully and Wonderfully Made Day learning all about Type 1 Diabetes.

We will also be having a special Collective Worship on Safer Internet Day which is on Tuesday.

Please do speak to your children about these important topics.

Lent begins on Wednesday 14th February!



Our Truth Bible Verse - John 8 v 31-32:

Jesus said, "If you hold to my teaching; you are really my disciples. Then you will know the truth and the truth will set you free."



Lunch Menu for Next Week

Monday 5th February	Tuesday 6th February	Wednesday 7th February	Thursday 8th February	Friday 9th February
Meatballs & Pasta Or Tomato Pasta	Chicken Curry & Rice Or Jacket Potato	Mac & Cheese Or Tuna Pasta	Sausage Roast & Fresh vegetables Or Quorn Sausages	Fish fingers & Chips with Beans/Veg Or Veggi Fingers
Rice Crispy Cakes	Shortbread	Fruit Jelly	Chocolate Mousse	Jam Sponge & Custard

Diary Dates

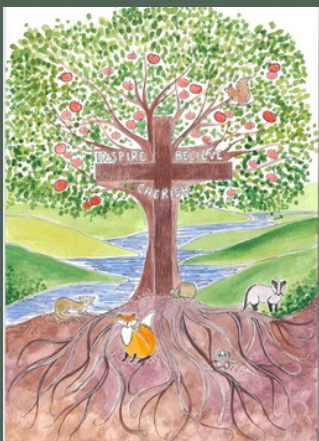
Monday 19th - Friday 23rd February 2024 - HALF TERM

Thursday 28th March 2024 - Last Day of term

Friday 29th March - Thursday 11th April 2024 Easter Holidays

Friday 12th April - PD Day

Monday 15th April - Children return to school



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

