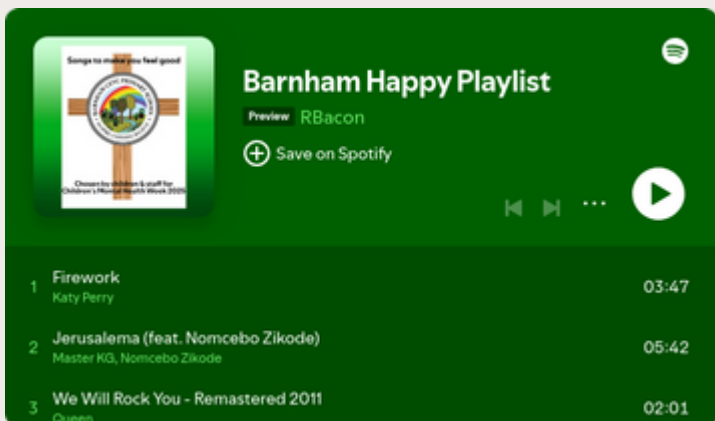


WE INSPIRE, CHERISH AND BELIEVE  
IN EACH PERSON THAT THEY MIGHT FLOURISH  
AND FULFIL THEIR POTENTIAL

## Children's Mental Health Week 2025

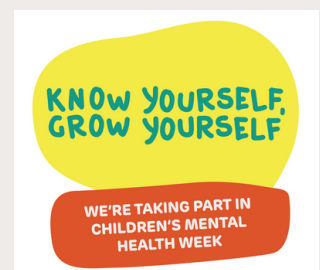
It's been a wonderful Children's Mental Health Week at Barnham, here is a brief overview of our week filled with magical moments.

### Musical Monday



Our children LOVED listening to music throughout Musical Monday and sharing their favourite feel-good songs with us, you can have a listen to their playlist on spotify!

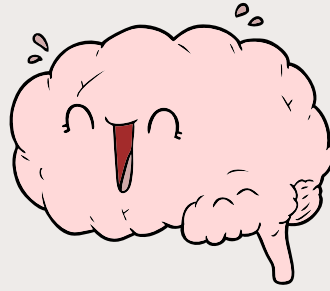
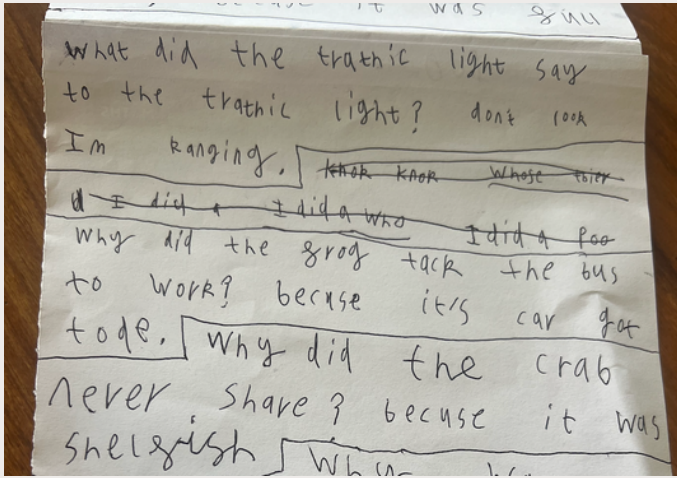
Fox, Squirrel and Otter Class loved bringing Young Voices to Barnham- we hope you enjoyed their sensational performance!





# Children's Mental Health Week 2025

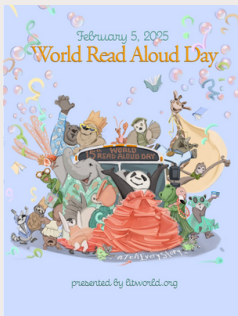
## Cheer Up Tuesday



The children loved sharing their jokes with one another as part of Cheer Up Tuesday. It was great to see that lots of children had joke books to share with their class too.

Steph from Thetford Foodbank taught us about helping others can help us to feel good too.

## Wellbeing Wednesday - Read Aloud Day



On Wednesday, our oldest children in Year 6 shared some top tips for wellbeing which included:

- Exercise
- Spend time doing something you love
- Eat healthily and drink lots of water
- Make sure you have enough sleep
- Get outdoors in nature



We love reading at Barnham and especially enjoyed this book - *The Grand Hotel of Feelings* by Lidia Brankovic - we'd recommend it to all of you!

Keep reading to know yourself and grow yourself.

If you have any book recommendations for us, please email them into the school office- we'd love to hear from you.





# Children's Mental Health Week 2025

## Friendship Thursday

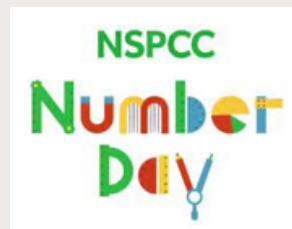


Thank you for supporting our Bedtime Stories event on Friendship Thursday, Thank you to all the staff who stayed late to give the children such a lovely evening.

We love seeing our children building friendships across the school and with different age groups.

Friendship Thursday was wonderful!

## Feel Good Friday



Children's Mental Health Week finished with NSPCC Number Day, thank you very much for your efforts with the number costumes- your creativity always amazes us!

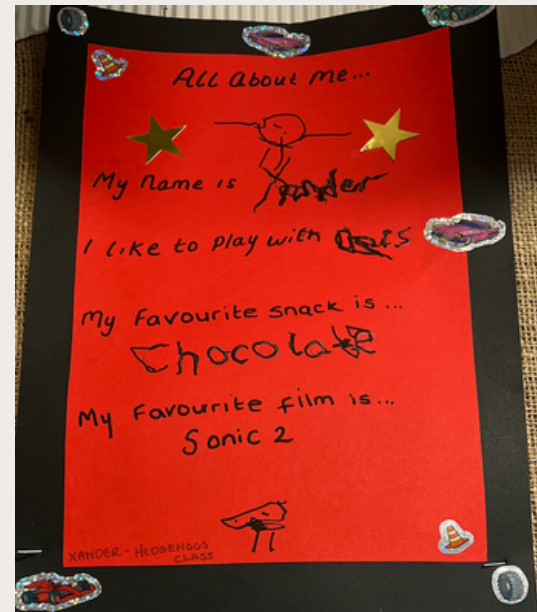
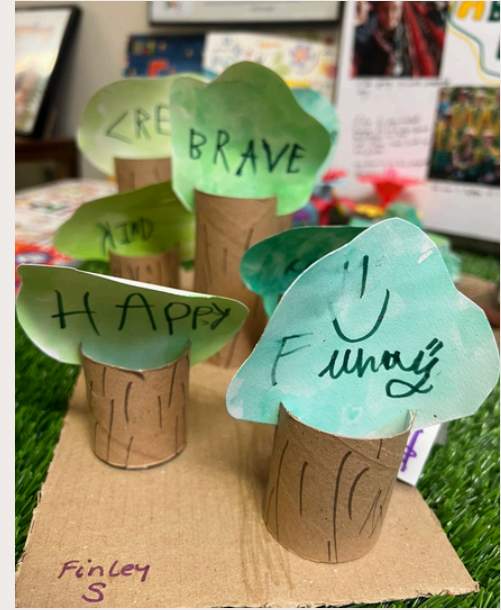
Thank you also for your donations to the NSPCC, we'll announce the total raised very soon! The children really enjoyed Number Fun throughout the day including playing bingo together in the hall. Well done to our Bingo Winners and of course the Costume Winners: HH-Rory, Moles- Dotty, Badgers- Ellis, Foxes- Nancy J, Squirrels - Evelyn B, Otters- William





# Children's Mental Health Week 2025

Some of our amazing competition entries



Well done to everyone who entered! We will announce the winners early next week.





# Thank you to all our Mystery Storytellers



We would like to take this opportunity to say a huge thank you to all of the volunteers who came to share books and stories with us throughout the week as part of National Storytelling Week- the children were so excited to see who their storyteller was going to be. We really appreciate you giving up your time to do this. Sorry we didn't get photos of you all but please know that you are all appreciated and we hope that you'll come again sometime!



# News from Otter Class

## Real-life Maths on the farm!



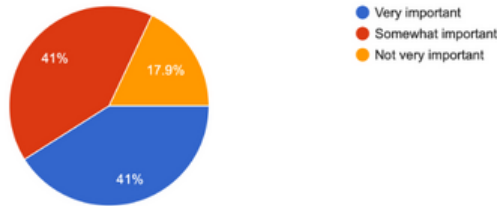
Otter Class had a wonderful time at the farm on Friday for a real-life maths lesson in context. They were exploring the impact of soil on the growth of sugar beet. They dug various samples of sugar beet across the field. The children had to show many maths skills including: measuring, weighing, calculation, time and even money. They especially loved seeing how many sugar beet they could harvest by hand in 1 minute compared to the beet harvester! We love bringing learning to life



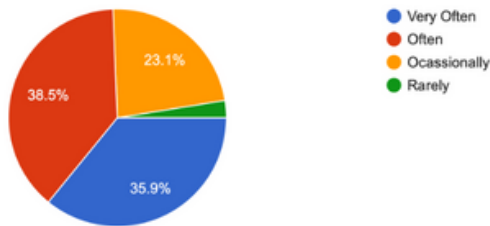
# Spirituality Survey Results from Families

Thank you so much for completing our survey on Spirituality. We had 39 responses from families which is simply fantastic! Your views matter to you and we have been looking at them carefully as a staff team to look at how we can further develop Spirituality at Barnham.

1. How important would you say spiritual development is to you and your family?  
39 responses



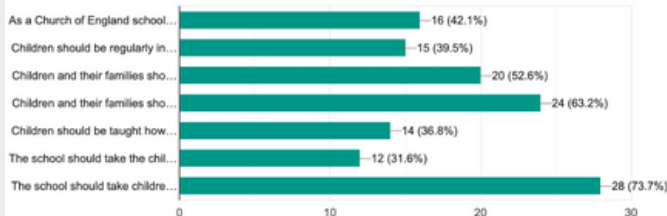
3. Do you and your family spend time outdoors enjoying nature?  
39 responses



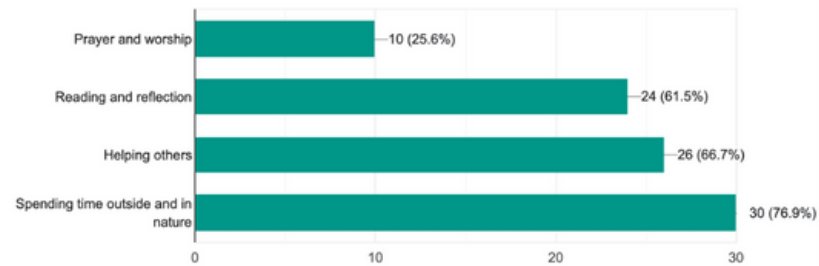
5. For you, which of these definitions of Spirituality is the 'best fit'?  
39 responses



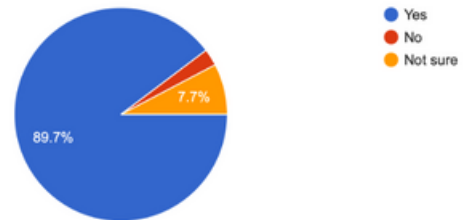
7. Your child attends a Church of England School. What role do you think that the school should have in their personal spiritual development? (Select as many as you feel are relevant)  
38 responses



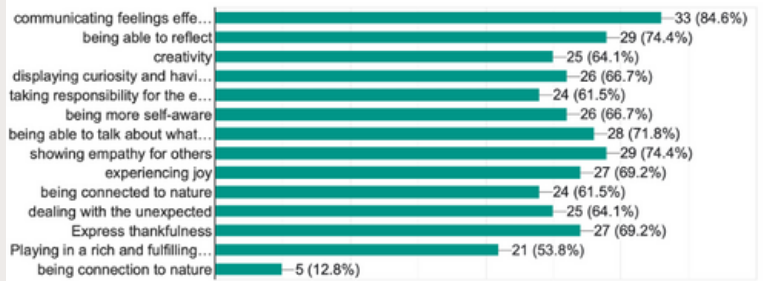
2. In your opinion, what helps your child to grow spiritually?  
39 responses



4. Do you think that outdoor activities (eg: nature walks, gardening, being with animals etc) can support children's spiritual development?  
39 responses



6. Which of these aspects of spirituality would you like to see our pupils growing in? Please choose as many options as you wish  
39 responses





# Spirituality Survey Results from Families Continued...

## Is there anything else you'd like to share about spiritual development or ideas for outdoor activities?

"Making more use of the local church for collective worship opportunities. With a more of a focus on the Christian faith."

"Outdoor yoga practicing movement but also time to reflect and be mindful- breathing activities. Sunset watching followed by Stargazing Outdoor picnic- shoes/socks off allowing young people to be at one with nature. Nature walks, what can they hear, smell, see ect..."

"I love the way Barnham school already has a variety of different speakers visit collective worship. Giving different teachings and examples of how Christianity (and spirituality) can help and support the community."

"I think as a Church of England school that various expressions of Christianity could be explored, for example we are part of a charismatic, evangelical church and it would be great to have some workshops or opportunities for the children to understand more about different types of Christian churches and expressions of their faiths as it can differ greatly. Although I am in full agreement with children learning about different faiths (Hindu, Muslim etc), I wouldn't feel comfortable with my child visiting a place of worship of another religion or partaking in activities to celebrate those religions for example yoga."

"Perhaps a small community garden in the cabin field that can be tended by all - somewhere to be still and reflect or be actively mindful by tending to it."

"Opportunities for children to explore a variety of ideas and support to develop empathy for different beliefs and ideas. Recognise we are all part of the world and celebrate our individual and joint part in this."

"It is important for children to be given the right conditions express their Christian faith, to have strong roots within that belief and to be proud of their country and its Christian heritage."

## Summary of Results

As well as a survey for families, we sent one out to governors, staff and clergy at the church.

Here are our main findings:

- All groups of those surveyed agreed on a preferred definition for spirituality as: "**Spirituality is the practice of seeking purpose, meaning and connection with forces greater than oneself**" so we will be using this in our future work.
- The majority of the school community believe that Spiritual Development is important to them. Did you know that Spiritual Development has been compulsory in education since 1944?
- Most people felt that time outdoors and in nature was a positive thing and could benefit spiritual development. Moreover, many of you regularly spend time outdoors!
- Thank you too for all of the ideas you shared above for future consideration.

## Next Steps:

We will continue our work with the diocese on this pilot project around Spiritual Development. As a staff group, we will be creating a action plan and planning spaces and places to continue to promote Spiritual Development at Barnham



# Messages from FOBS

**FOBS**  
FRIENDS OF BARNHAM CVC PRIMARY SCHOOL

**£3**  
A TICKET

**Valentine's**  
**SCHOOL DISCO**

<b>FRIDAY</b> <b>14<sup>TH</sup></b> <b>FEBRUARY</b>	<b>HEDGEHOGS,</b> <b>MOLES &amp;</b> <b>BADGERS</b>	<b>5.00-6.00PM</b>
	<b>FOXES,</b> <b>SQUIRRELS</b> <b>&amp; OTTERS</b>	<b>6.15-7.30PM</b>

**TUCK SHOP TREATS AND**  
**HOT DOGS AVAILABLE TO PURCHASE**

## Safeguarding Focus - February

**Contextual Safeguarding**  
**Monthly Focus- February 2025**

### Internet Safety

#### How can you stay safe online?

Let's work together for a better Internet. We all need to play our part in this. Read through the SMART rules and remind yourself.

Challenge your friends if you see them breaking the SMART rules. Let's look after each other.

Safer Internet day is in February- what can we do to spread awareness of using the internet safely?

Talk to a trusted adult if you have concerns.  
There are lots of trusted adults at Barnham that you can talk to if you need to.

**Be smart on the internet**

- S SAFE** - Keep safe by being careful and to give and personal information when chatting or meeting online. Personal information includes your email address, phone number and password.
- M MEETING** - Meeting someone you have only been in touch with online can be dangerous. Only do so with your parent's or carer's permission and even then only when they can be present. Remember online friends are not strangers even if you have been talking to them for a long time.
- A ACCEPTING** - Accepting emails, IM messages, or sending files, pictures or links from people you don't know or trust can lead to problems - they may contain viruses or nasty messages!
- R RELIABLE** - Information online might be about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.
- T TELL** - Tell your parent, carer or a trusted adult if someone is sending you something that is inappropriate or wrong, if you or someone you know is being bullied online. You can report online abuse to the police at [www.actionline.gov.uk](http://www.actionline.gov.uk).

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

Visit Children's Internet Safety Centre to grab interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by sharing them with people all around the world.

KIDSMART



# Thrive Activity Idea

As part of our Children's Mental Health Week activities, we had a 'Wellbeing Wednesday' which inspired the Thrive activity this week:

Set aside an hour of your weekend with a friend or family member to pamper yourselves – you could try out some face mask recipes, give each other a hand or foot massage or even try out different hairstyles. Take note of how you feel afterwards – and let us know what you got up to! You might like to send in some pictures of you luxuriating or some of your new hair creations – we'd love to see them!

Please send in any pictures to me at [cstocking@barnham.org](mailto:cstocking@barnham.org)  
Enjoy your weekend!

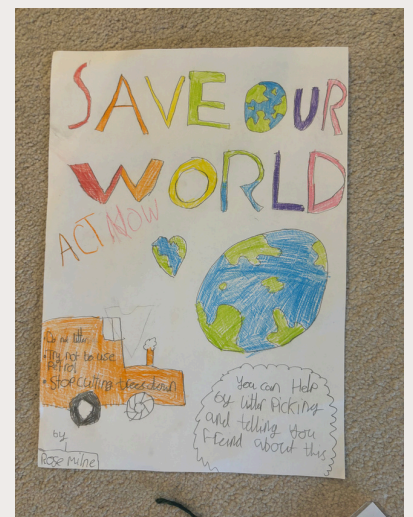


## Change Agent News

We are always thrilled to hear about our children being Change Agents and making a difference in our world. Don't forget to e mail in any examples of this.

Rose was inspired after watching 'My Life' on BBC iPlayer and made these posters which she posted through neighbours letterboxes and displayed on lamp posts in the community.

Well done Rose- let's all play our part in bringing about positive change.





# Change Agents Challenge

Calling all Barnham Change Agents



Are you ready to be the change and make a difference in the world?  
Here's a challenge for February!

Barnham Change Agents



**CHALLENGES FOR FEBRUARY 2025**



Steph from Thetford Foodbank visited us yesterday and set us our latest Change Agents Challenge:

If you are shopping in Tesco in Thetford, please collect the blue charity tokens and pop them in the box to support Thetford Foodbank.

We'd love you to share a photo of you doing this with our school community so that we can remind everyone to do this. Please email photos to Miss Bacon - [rbacon@barnham.org](mailto:rbacon@barnham.org)

Please spread the word and invite your neighbours, friends and family to do the same!

*Be the change! Bear fruit & share fruit!*

## Our Value is Trust

Our BIG QUESTION this week is:

### Who are the people you trust the most, and why?



This would be a good discussion to have around the dinner table. This week our focus has been on Children's Mental Health Week. Mrs Arnold launched it in her Collective Worship on Monday. On Tuesday we were visited by Steph from Thetford Foodbank who taught us all about how we can trust in God and also make a difference by being Change Agents and the impact of both of these things to help us have strong hearts and minds. Miss Cross led Collective Worship on Read Aloud Day which was Wednesday and we loved listening to stories together. Vicar Karen came on Thursday- it truly has been a wonderful week of celebrating and being together.

Our TRUST Bible Verse - Trust in the Lord with all your heart and lean not on your own understanding - Proverbs 3 v 5





# Lunch Menu for Next Week



## Week 2 Menu:

Monday 10th February	Tuesday 11th February	Wednesday 12th February	Thursday 13th February	Friday 14th February
Jacket Potatoes Choice OR Vegi tomato pasta  Crunch & Chocolate Sauce	Chicken burgers & wedges OR Quorn Fillet  Strawberry Mousse	Mac 'n' cheese and garlic bread OR Jacket Potato  Flapjack	Sausage Roast OR Quorn Sausage  Jelly & Fruit	Filet of fish & chips OR Quorn Vegi Fingers  Marble Cake

## Diary Dates

Friday 14th February - FOBS Valentines Disco

**Monday 17th February - Friday 21st February - Half Term Holiday**

Tuesday 4th March - Pancake Day Celebration in school

Thursday 6th March - World Book Day

Monday 24th March - Parents' Evening

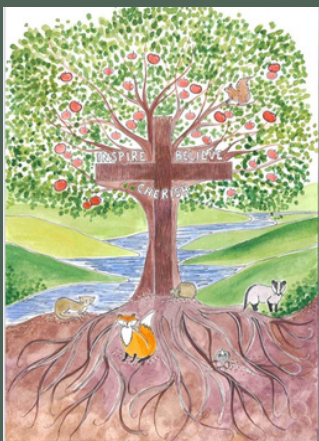
Tuesday 25th March - Parents' Evening

Friday 21st March - Non-Uniform Day for donations for Easter Eggs

Tuesday 1st April - SATS Information Evening for Year 6 Families

**Monday 7th April - Monday 21st April - Easter Holiday**

Tuesday 22nd April - Summer Term Begins



## 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

