

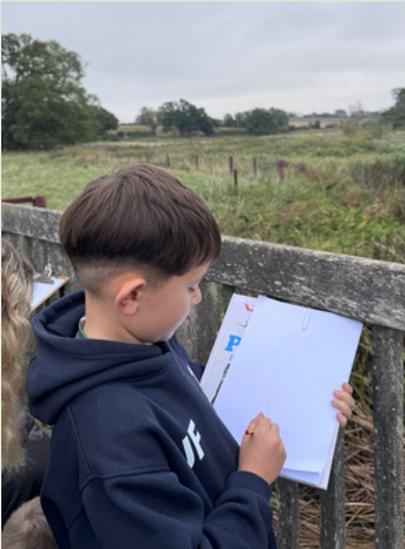
BARNHAM CEVC PRIMARY SCHOOL

10th October 2025
Newsletter 6

We Inspire, Cherish and Believe
in each person that they might flourish
and fulfil their potential



Year 4 River Visit



What a brilliant morning for Year 4 at the River Blackbourn on Euston Estate, of course arriving in style on the tractor and trailer!

The children have been learning all about the features of a river, so on Thursday they got to see river up close. They spotted meanders, we stood on a floodplain and they knew that erosion and deposition were taking place. They worked out we were at the middle course of the river because it was shallow, slow moving and wide. They even discovered that the River Blackbourn is a tributary of the Little Ouse, which joins the Great Ouse! Fox Class enjoyed sketching and labelling different parts of the river and observing changes from the bridge.

Important Safeguarding Notice: Children's "Spy" Books

We want to make you aware of a recent issue affecting some popular children's books by Andrew Cope, including the Spy Dogs, Spy Cats, and Spy Pups series. Some editions of these books include a printed web address at the back. This link used to go to the author's website, but the domain is no longer under his control.

It has since been taken over by another party and now leads to inappropriate adult content.

The publisher, Puffin, has paused sales and distribution of the books and is working with schools, libraries, and retailers to remove copies from circulation. They have stressed that the website has no connection to the author or publisher.

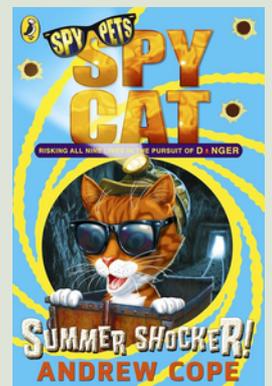
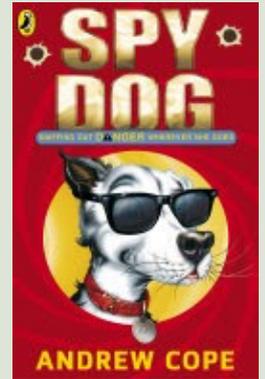
What this means for you:

If your child has any Spy Dog, Spy Cat or Spy Pups books at home, please check the back for website links and make sure they do not try to visit the site.

It is safe for children to continue reading the stories themselves – the concern is only with the outdated link.

We recommend talking with your child about the importance of not following web addresses in books without checking with an adult first.

We will continue to share updates from the publisher as more information becomes available.



Barnham is a nut-free school

At our school, the health and safety of every student is our top priority. To help protect members of our community with severe nut allergies, we are a nut-free school environment. This means that no foods containing peanuts, tree nuts, or nut products should be brought to school at any time.

Even a small trace of nuts can cause a serious allergic reaction for some students. These reactions can happen from direct contact, sharing food, or even from nut residue on hands, tables, or classroom materials. By following our nut-free policy, you're helping to keep all children safe and included.

Please check ingredient labels carefully before packing lunches or snacks. Common items that often contain nuts include:

- Peanut butter and other nut butters (e.g., almond or cashew butter)
- Chocolate spreads that contain hazelnuts, such as Nutella or similar brands
- Snack bars, trail mixes, or granola with nuts
- Baked goods made with nut ingredients

If you're unsure about an item, it's always best to choose a nut-free alternative.

Thank you for helping us maintain a safe and welcoming environment for every student. With your cooperation, we can ensure that everyone at our school stays healthy and included—every single day!



NUT-FREE



CONNECT Coffee Morning

Monday 13th October @ 9am-10am

We're looking forward to welcoming parents and carers to our next CONNECT Coffee Morning on Monday 13th October 9am - 10am. These mornings are a lovely opportunity to get together, enjoy a cuppa, and find out more about the local support available for families.

Unfortunately, Family Action's Neurodevelopmental Support Service are no longer able to join us on this occasion.

However, we're very pleased to share that The Benjamin Foundation will be coming along instead! They're a local charity that supports children, young people and families across our area. Their work includes helping to build confidence, improve emotional wellbeing, strengthen family relationships, and provide guidance during times of change or challenge.

It's a great chance to hear more about what they do, ask questions and find out how their services could help people in our school community and beyond.

We hope you'll join us for a friendly chat, a hot drink, and some helpful information. Everyone is welcome!



Have you started our Autumn Reading Challenge yet?

BARNHAM'S AUTUMN READING CHALLENGE

How many books can you read in October? Colour in a pumpkin each time you finish a book to create your own pumpkin patch! Some pumpkins say library book next to them - this means you have to borrow a book from our school library, open on Thursdays after school. Write all reading in your reading record so we can check what you have read. All books count, including audiobooks. Bring your challenge sheet in after the half term break to celebrate what you've been reading!

Library book



YELLOW PUMPKIN LEVEL COMPLETE!



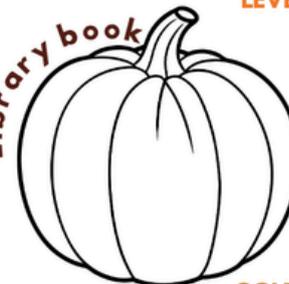
Library book



ORANGE PUMPKIN LEVEL COMPLETE!



Library book



GOLDEN PUMPKIN LEVEL COMPLETE!

Thrive Activity of the week

Unplug and play

What to Do:

Pick one hour this week to turn off all screens (that means no TV, tablets, phones, or video games).

During that hour, try doing something fun like:

Playing outside

Drawing or colouring

Reading a book

Building something (with blocks, Lego, crafts)

Helping cook or bake something simple

Talking or playing with family or friends

Reflection Time:

At the end of the week, talk about or draw a picture of your favourite screen free activity. Email any pictures or reflections to cstocking@barnham.org so we can share them in next weeks newsletter



Messages from FOBS

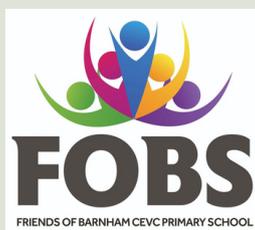


Thank you so very much to our amazing FOBS team for a very successful disco last Friday evening!

The children had lots of fun and we were thrilled to hear that this event raised £526.

We appreciate all your hard work and commitment to the events you run for our children to enjoy!

Don't forget FOBS are always looking for more volunteers to join them, do talk to any of the ladies in the photo- they'll be happy to hear from you!



Congratulations!



Rooted in Resilience & Branching Out Awards Thank you to Catherine & Rhonda!

We took the opportunity of World Mental Health Day to show our appreciation to Catherine and Rhonda in Collective Worship.

We are very grateful for all that they do to support mental health and wellbeing at Barnham with pupils, staff and families.

You are both appreciated so much!



Happy World Mental Health Day

Friday 10th October 2025

How are you feeling today? 

happy anxious sad angry excited calm

6 things you can do to help you feel good

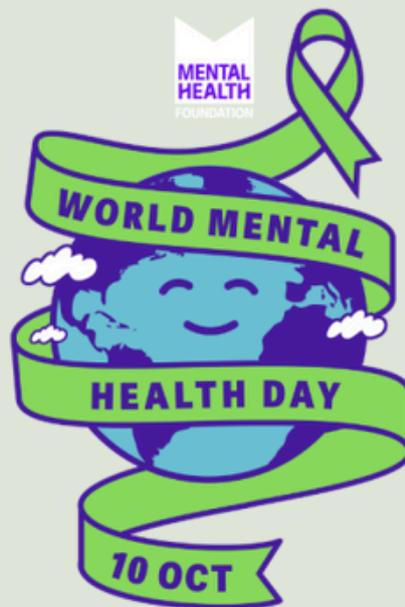
- Talk to someone you trust about how you're feeling 
- Go outside and get some fresh air 
- Listen to your favourite music 
- Keep active - run around or play games 
- Eat lots of healthy food 
- Have a good night's sleep 

Need someone to talk to?

Call Childline for free
0800 1111



In an emergency, text SHOUT
85258



We all enjoyed wearing something that makes us feel happy on Friday!

Congratulations Olivia-Belle



Olivia-Belle has just passed her ballet exam with a high merit award (silver) which is a fantastic achievement (one mark away from distinction!). Olivia-Belle has worked incredibly hard at her dancing over the past year having been invited to attend the junior pre-professional programme at her performing arts school. It means spending a lot of time at the studio learning new dance styles, along with late nights and early mornings, and additional practicing at home which can be really tough after a long day of school and other activities. We are so proud to see her work so hard for something she is passionate about, and bravely put herself in new situations and meet new people.



Swimming Notice

A message for Year 5 families- as the weather gets a little colder, we would strongly encourage you to get your child a swimming hat to wear in the pool as this will help to keep their hair a little dryer so that they don't have wet hair for the rest of the school day which might make them a bit cold especially as they have PE outdoors on a Tuesday afternoon. We will try to collect some spare swimming hats for children that don't have one. If anyone has any spare that they'd like to donate to school, we will always appreciate them.

Please also refrain from sending them to school with lots of hair products eg: shampoo, conditioner, sprays etc as we have to rush back to school after our swimming lesson and there is just not the time to do this. Also we are hoping that the children will have dryer hair if they wear swimming hats and then they won't need to wash it after the session.



Harvest of the Seas

Just a little reminder, our Harvest Festival is coming soon-

Thursday 16th October

This year, we will be asking for donations of tinned fish for Thetford Foodbank and children have started to bring these in, we have a collection box in the hall and lots of space on the shelves to add more. We love to help our friends at Thetford Foodbank, so please do help if you can and ask your friends, family and neighbours- if they'd like to help us collect tinned fish - we are happy to pass on everyone's donations.



On the day, we will also be collecting silver coins (5p, 10p, 20p, 50p) for The Fishermen's Mission charity. It would be great if you could get a little bag/ jar and try to start collecting now and then the children can bring this in to school on Thursday 16th October. Our hope is to cover some fish images in coins that can then be donated to the Fisherman's Mission.

Finally, we'd LOVE the children to create some fish themed art work for us to display at our Harvest Celebration and then share with the church afterwards. These can be made on the computer, using art and craft materials or even be a photo of fish made outside. Children are invited to bring these in ASAP so we can start building our display together.



Here is the plan for the afternoon.



Families are invited to join us from **2pm (please note the slightly earlier time than advertised last week)**

You will need to sign in at the school office, so please head there first.

If your child is in Hedgehogs, Moles or Badgers - you will head to their classroom first for some stories and activities.

If your child is in Foxes, Squirrels or Otters - you will meet them in the hall for the assembly led by Andy Malcolm from The Fisherman's Mission.

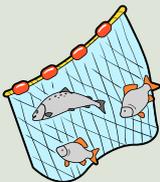
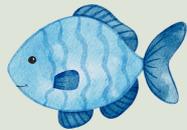
Each class will also have something to show or perform something with you all.

Then at approximately 2:30pm - the two groups will swap over. Squirrels and Otters will head back to their classrooms for some activities and the younger year groups will come to the school hall.

At approximately 3:05pm, we will then ask parents/ families to head outside to wait for the children on the playground so that they have time to get tidied up and ready for their home things.

If you have a child/ children in more than one class, you can decide how to split your time throughout the afternoon. We would just ask that if attending the assembly part in the hall, you wait until that is finished before leaving. You are also welcome to bring another family member so that you can split yourselves between multiple children if that helps.

Please can we just remind you, that if you take photographs at this event- please do not share these on social media as for safeguarding reasons not all of our children have consent.



Our Value is Resilience

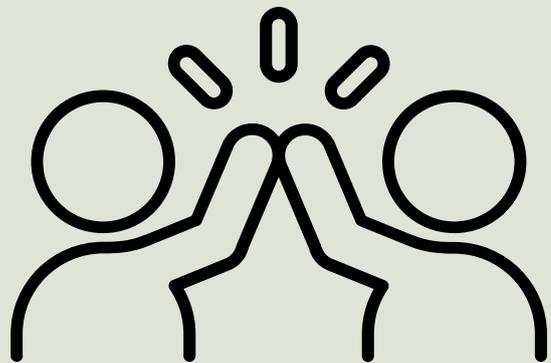
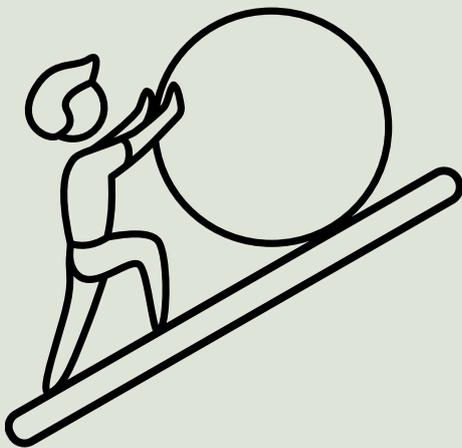
This week, we've been thinking about how we're stronger when we work together. Our big question for you to think about as a family over the week is:

Can working with others make us more resilient? How?

On Monday, we were very fortunate to welcome Vicar Tony Heywood to our worship. He shared the story of The Lost Coin, a tale that helped us think about the things that make us happy and the resilience of the widow in her quest to find her lost coin. To make the story even more memorable, Vicar Tony brought along some old coins from his collection, giving us a fascinating glimpse into history and how coins have changed over time. We reflected on the patience and determination the widow must have had, and how small victories, like finding something lost, can bring great joy.

On Wednesday, we welcomed Helen Matter, who focused on a passage from the Bible about the body of Christ and the importance of working together. Helen shared a personal story about her childhood, explaining how she and her siblings each had a role when clearing the table after meals—some washed, some dried, and some put everything away. Although it could have been a tiresome chore, Helen remembered that it was much easier and even enjoyable when everyone worked together. This helped us understand that teamwork and supporting one another can make challenges lighter and build resilience, just like in the story from the Bible.

Overall, this week's Collective Worship sessions reminded us that happiness, resilience, and teamwork are all deeply connected. Whether through the patience of the widow searching for her lost coin or the shared effort of a family completing a task, these lessons encourage us to support each other and find joy even in small, everyday moments.



Our RESILIENCE Bible Verse -

"I can do all things through Christ because he gives me strength."

Philippians 4 v 13

Lunch Menu for Next Week

Monday 13 th October	Tuesday 14 th October	Wednesday 15 th October	Thursday 16 th October	Friday 17 th October
Pizza, rice and sweetcorn OR Jacket Potato Ice cream choc pot	Meatballs, spaghetti and peas OR Tomato Pasta Ginger shortbread	Chicken goujons and herby potatoes OR Quorn Fillet Pancakes & ice cream	Chicken Roast OR Quorn Fillet Ice lolly	Fish fillet, chips, beans and veg OR Vegi fingers Lemon drizzle cake

Please note, our menu is subject to changes and these will be communicated via ParentMail

Diary Dates

Monday 13th October - CONNECT Coffee Morning 9-10am
with Visitor, Anne McIsaac from Family Action
Tuesday 14th October - Individual Photos Day
Thursday 16th October - Harvest of the seas afternoon
Wednesday 22nd October - Parents' Evening
Thursday 23rd October - Parents' Evening
Friday 24th October - PD Day

HALF TERM

Thursday 11th December - KS1 Nativity Performances (more details to follow)

PE Changes from next week

Our PE days are changing from next week.

Year 3 & 4 will have PE on a Tuesday

Year 5 & 6 will have PE on a Wednesday

Also beginning next Friday, Susie Bratby will be leading Active RE sessions with Squirrel Class and Mole Class each Friday morning until Christmas, so please could they wear their PE kits on a Friday also.

Thank you!

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

