



Barningham CEVC
Primary School

Newsletter



No.14 Spring 2024

Children's Mental Health Week

Next week Learning Council will be teaching everyone all about children's mental health. At school, we learn about the Zones of Regulation, four zones to help children recognise their emotions and what they can do to feel better.

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

It is important to remember that there are NO BAD ZONES! Our goal is to notice our feelings and regulate them in order to take care of ourselves and meet our goals. Attached is a parent guide with more information. **On Friday 7th February, children will be able to wear their own clothes and choose one of the colours** from the Zones of Regulation and bring in £1. The money raised will go towards a fun event at school for all the children!

Lateness to School

We have noticed more pupils arriving late to school. The impact of this is that children are often missing the first part of their lesson and are not ready to take part in their learning on time. It is really important that all children arrive at school by 8.50am. Pupils who arrive after this time are marked in as Late, which may lead to further action from the school attendance team.

Our Core Value
for this half term is



to be kind

Our Christian value
for this half term is

compassion

Tuesday 11th February

Deadline to bring in
sponsorship money

Explorers Café – Safer
Internet Day (pm)

**Thursday 13th
February**

Joe Hart,
Athlete in Schools
sports afternoon
(PE kit needed for all)

To grow in faith, grow in our learning and grow our future world



Sports 4 Champions - Athlete Visit

Sports for Champions have organised an athlete visit to our school. We are excited to announce that **Joe Hart, a basketball player will be visiting on Thursday 13th February**. You can find out more here: <https://sportsforchampions.com/athletes/joe-hart/> .

Sponsor forms and money will need to be returned by Tuesday 11th February, ready for the prize giving. The children are looking forward to this exciting event! You can also donate online via <https://www.crowdfunder.co.uk/p/barningham-cofe-primary-schoolfundraiser>

Safer Internet Day – Explorer Café

On Tuesday 11th February, we will be celebrating Safer Internet Day at school. We will be inviting in parents for the afternoon to take part in activities related to staying safe online with their children in their classrooms. Come along and learn with your child for the afternoon !

School Lunch Price Increase

From April 2025, the cost for a school lunch will increase to £2.80. Our school meals are provided by Vertas. They have notified us that this increase is due to inflation and increased cost of goods.

Parking Safely

Please can I remind parents to park safely during drop off and pick up. We have noticed an increase in parents not parking responsibly and this is increasing the risk to our community during these times. This is especially true just outside the front of the school where families cross the road.

NSPCC Talk PANTS Day

Today the children have been learning about the NSPCC Talk PANTS strategy. The lessons empower children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable

P: Privates are private

A: Always remember your body belongs to you

N: No means no.

T: Talk about secrets that upset you

S: Speak up, someone can help.



Nursery – Are you eligible for 30 hours childcare?

We still have some spaces in our Nursery and have some availability for 30 hour placements. You can find out by clicking here: <https://www.gov.uk/check-eligible-free-childcare-if-youre-working>

Horror Films & Age Ratings

We have had some incidents at school of children sharing with other children some horror programmes that they have been watching. Some of this content has caused worry for some of our children so I wanted to share the attached guide about what parents and educators need to know about horror films and age ratings. (Attached this time ☺)

A note from the governors

As we near the end of January, we hope the children are settled and enjoying their new topics for this term. We love hearing their enthusiastic updates on their new subjects when we visit the school. As governors, we have a vacancy for a Co-opted governor. If you are interested in this role or would like to know more about the work of the governing body, please contact me at admin@barningham.suffolk.sch.uk Julie Surridge, Chair of Governors"

Key Dates for your diary

Friday 31st January: NSPCC PANTS afternoon

Monday 3rd February – Friday 7th February: Children's Mental Health Week

Friday 7th February: Wear a Zone of Regulation colour (blue, green, yellow and red) for Children's Mental Health week and bring in £1

Tuesday 11th February: Deadline for Sports4Champions Fundraising money to be in school'

Tuesday 11th February: Safer Internet Day – Explore Café at school (parents invited to attend)

Thursday 13th February: Sports4Champions visit – Joe Hart, basketball player visiting School

Monday 17th February – Friday 21st February: Half term

Monday 24th February: Children return to school

Monday 7th April: School lunch cost increases to £2.80

House Points

Points this week:

Nightingale House: 191

Attenborough House: 179

Einstein House: 105

Total Points so far

Nightingale House: 2836

Attenborough House: 2472

Einstein House: 2934



Attendance Race

This Week:

1st Place: Badger Class

2nd Place: Owl class

3rd Place: Rabbit & Squirrel Class

Total points so far this term:

Rabbits & Squirrels: 4 point

Badgers: 9 points

Owls: 5 points

Clubs and Extended Day Provision

We run a great **Breakfast Club**, which opens at 7.45 every morning and costs just £5 per session, payable when you drop off please or via the SchoolMoney app.

We run an **After School Club** which is open for five nights a week until 5pm and it is £7 a session.

We mix this with sports clubs to keep children active! Please book in advance via the links below

Fencing

Day / Sport: Mon - ASC - Fencing

Price: £30 (£5 per session early booking offer - £7 per session from 1st Jan)

Fencing booking link:

<https://www.premier-education.com/parents/venue/courses/15832-918017/>

Dodgeball

Day / Sport: Tues - ASC - Dodgeball

Price: £30 (£5 per session early booking offer - £7 per session from 1st Jan)

Dodgeball booking link:

<https://www.premier-education.com/parents/venue/courses/15832-918018/>

Football

Day / Sport: Wed - ASC - Football

Price: £30 (£5 per session early booking offer - £7 per session from 1st Jan)

Football booking link:

<https://www.premier-education.com/parents/venue/courses/15832-918019/>

Archery

Day / Sport: Thur - ASC - Archery

Price: £30 (£5 per session early booking offer - £7 per session from 1st Jan)

Archery booking link:

<https://www.premier-education.com/parents/venue/courses/15832-918020/>



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Gymnastics

Day / Sport: Fri - ASC - Gymnastics

Price: £30 (£5 per session early booking offer - £7 per session from 1st Jan)

Gymnastics booking link:

<https://www.premier-education.com/parents/venue/courses/15832-918021/>

Website, Twitter & Tapestry

We have lots of ways to keep parents up to date with information about what is happening in school. Whilst we await all the parent forms giving permissions for various platforms, some of these may not yet be updated. You can find out more in the following ways:

Website: www.barningham.suffolk.sch.uk

Twitter: <https://twitter.com/BarninghamCEVCP> (more recently changed to 'X')

You can follow us on **@BarninghamCEVCP**. If you can 'like' or 'retweet' our tweets, it helps to get the school some positive attention.

Our Class Pages can be found here:

@BCEVCPOwls <https://mobile.twitter.com/BCEVCPOwls>

@BCEVCPCBadgers <https://mobile.twitter.com/bcevcpcbadgers>

@BCEVCPSquirrels <https://mobile.twitter.com/BCEVCPSquirrels>

@BCEVCPRabbits <https://mobile.twitter.com/bcevcprabbits>

Tapestry: This is for Reception & Nursery parents only.