



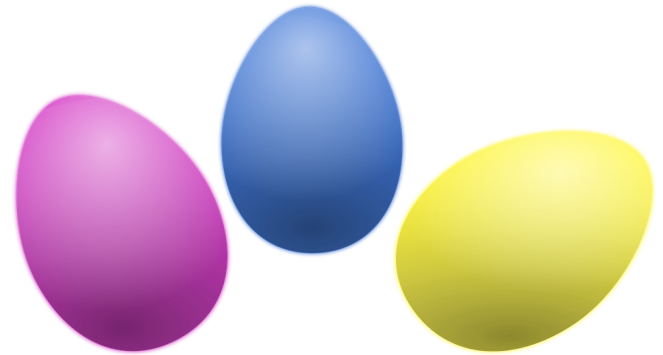
Governor Newsletter

SIR JOHN BARROW SCHOOL

Spring 2021

Welcome back into the classroom!

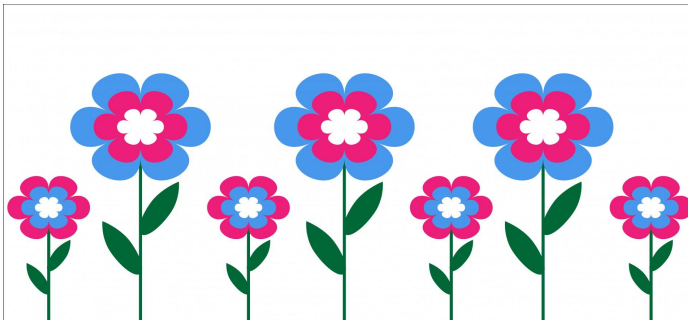
We are delighted to have finally been able to welcome all pupils back into school for the final weeks of the spring term. Many people have found this most recent lockdown harder than the first time around, so we want to thank all our staff, parents and carers, and pupils for their hard work and dedication to making this round of home learning a success.



At SJB we worked really hard to learn everything we could from the first Covid lockdown, so that this time round, we could have home learning up and running as quickly and as effectively as possible. Staff carried on supporting those pupils who were still learning on site simultaneously with pupils staying at home and this represented a massive demand on our classroom teachers, so we are very grateful for their dedication and commitment to our children.

Feedback from our parent and carer questionnaire was overwhelmingly positive about how home schooling worked this time round, as well as giving valuable insight which staff used to tweak practice as they went on. We are hoping to carry on with some of the practices which were developed, that allowed parents and families to be more involved in their children's learning.

Now that we are back, the emphasis has been on supporting physical and emotional wellbeing, and on making sure we know exactly where any gaps in children's learning are, so that these can be targeted effectively.



We have been carrying on with governor class visits - although these are still virtual for now - and it has been really lovely to see the pupils' enthusiasm for being back together with friends and teachers, and to get feedback from the children about how much they value the community which we have at SJB.

Fundraising at SJB [SJB Just Giving page](#)

This newsletter has frequently described the difficult financial situation of all schools. We are finding more and more pressure to supplement core funding with school fundraising activities. Our hard working PTA has recently set up a school [Just Giving page](#), making it easy to support the school even though our usual fun school Fayres are not able to take place just now. Please consider visiting this page - here is the school "story" as it appears:

As we await the full roll-out of the COVID-19 vaccine in Ulverston, all involved at Sir John Barrow School have never felt so challenged to ensure our pupils leave us as confident, competent learners equipped for their onward journey into the adult world. And the truth is that the future has never felt so daunting or financially so insecure.

We have all been working hard, doing everything possible to provide quality online learning and in-school provision for vulnerable pupils, including those of key workers. With the uncertainty ahead, we know that we need to adapt quickly to meet pupils/their families changing needs and circumstances. Now, more than ever, our community needs us to be proactive, and Sir John Barrow School needs you.

We have a number of areas that a donation would really make a difference to minimise the impact of the CV-19 pandemic and enable pupils to catch-up. Additional finance is needed now - government funding is not sufficient to cover the costs of the specific educational resources to promote cognitive, emotional and social regrowth. Without these resources, the repercussions from the lockdown may affect our children for years to come, especially the most disadvantaged children.

[SJB Just Giving page](#)

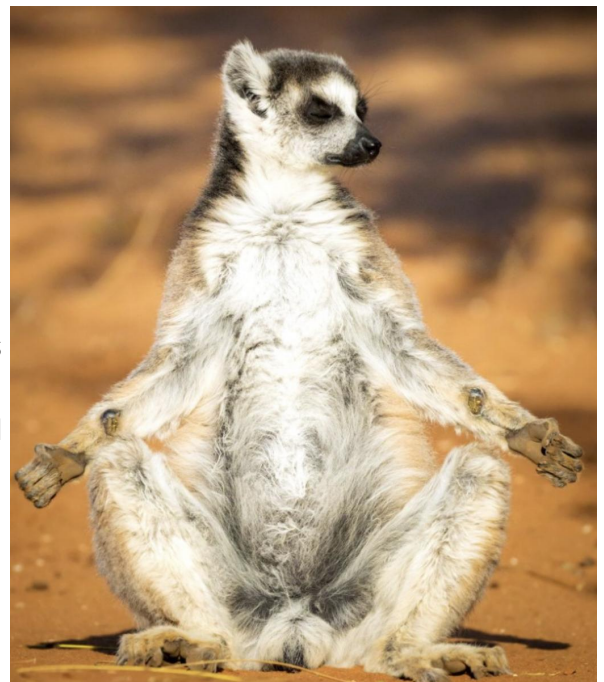
Developing mindfulness within SJB

Teaching mindfulness started when school was given funding for an after school pilot program in winter 2018. After the project, parents gave some positive feedback on the impact mindfulness was having on their children. Children who attended said it was fun and that they loved coming.

Our next step looked at delivering lunchtime mindfulness sessions during 2019 for years 2-5. The sessions were 30 minutes long and boy, did we pack a lot of learning and fun into those minutes! We did lots of activities that supported children to develop self-awareness through using their:

- Breath
- Five senses
- Whole body movement
- Guided visualisations.

The lunchtime sessions were a big success, so we looked at how we could develop this further.



Mindfulness - our next steps

From the positive feedback both from parents and children we decided to build on what we already know. We decided to expand the mindfulness programme. So between September to November 2020 we delivered a training package for infant and junior aged children. This was our first step to a whole school approach.

Our second step has been happening during March this year. We are supporting class teachers to deliver mindfulness as part of their class routine so that children can continue to practice and nurture their growing minds.

Our aim for mindfulness is to:

- Develop an understanding of what mindfulness is.
- Explore the connection between mindfulness and our emotions.
- Develop self-awareness through mindfulness activities
- Explore and develop the use of breathing techniques to calm and regulate our bodies.
- For children to use these techniques in everyday situations.
- To support children's mental health and resilience

So what is mindfulness? Mindfulness often has many different definitions, but simply put, mindfulness is an activity that nurtures awareness of the present moment and helps us to observe our thoughts, feelings and sensations when they surface in our bodies and minds.

Often we spend so much time thinking about the past or worrying about what the future will hold, we actually forget what it feels like to be just in the present moment. However, like any new skill mindfulness will take time to practice, the more you practice the stronger your mind will become.

Mindfulness can help children to:

- Relax their bodies
- Sleep better
- Regulate their emotions
- Reverse the effects of stress
- Calm their mind
- Let go of anxiety
- Develop self-esteem
- Handle difficult situations
- Become compassionate

What we will be learning?

- We will learn about our breathing.
- We will learn about how our mind and thoughts work.
- We will learn about our emotions and how they feel in our bodies.
- We will also learn about each other.
- We will learn how to be kind to ourselves.

