

SIR JOHN BARROW SCHOOL



SUCCESSING
ENJOYING
BELONGING

WEEKLY SNIPPETS

Friday 14th February 2025

Dear Parents and Carers
Happy Valentines Day!

This week it has been great to see so many of our families in school finding out about their **children's progress**. If you haven't managed so make an appointment, we will catch up with you after the half term holiday.

Today we said a fond farewell to **Miss Caitlin Belisle**. Miss Belisle has contributed to so many areas of school life (school trips, sports, art, DT - the list goes on and on) and our children will miss her very much. We are sure that she will keep in touch and we wish her all the very best her new role.

This half term seems to have **raced by**. We are delighted that the wintry weather has not stopped our sports activities, Forest schools or OPAL playtimes. Year 5 enjoyed a great residential - Year 4 and Year 6 have theirs to look forward to. The children have completed their assessments very sensibly. This gives us useful information about next steps in teaching. It's also gentle preparation for tests when they are at secondary school.

Due to recent high demand, **Breakfast Club and Afterschool club** now needs booking **7 days** in advance. This means that we can have the correct staffing in place for the following week. This is particularly important when we have lots of younger children booked in.

On Thursday and Friday of the week after half term, it is the start of our **BOOK WEEK**. We have gone a bit early this year as year 6 are off to London at the beginning of March.

Today 155 children ordered our special **Valentine's** themed lunch. Thank you to Mrs Bleasdale and Ms Amstrong for the end of term treat.

Wishing you an enjoyable half term holiday and looking forward to seeing you on Monday 24th February.
Mrs Fletcher and the SJB Team

As half term draws closer, please can we remind our families that our school uniform is plain black/grey trousers/joggers and plain black shoes or trainers. No patterns, ticks, logos or letters please. If you are struggling with uniform cost, please speak to Miss Robinson or Mrs Fletcher.

Dates for Diaries - Week commencing: Monday 24th February

Mon	Year 3 and 4 multi-sport 3:15-4pm Music Festival 3:15-4:15
Tues	Year 5 and 6 Recorder Club - 8:00am - 8:45 am finished Choir finished Year 6 Grammar club 3.15-4pm KS2 Dance Club 3:15-4:15 pm
Wed	Athletics Club 8:00-8:40am Springwatch 3:15-4:15
Thur	Tag Rugby Club years 4/5/6 8:00-8:40am- Ukulele Club - 3:15 - 4:00 pm finished Y6 maths club- 3:15-4:15pm
Fri	KS2 Running club 8:00-8:40am Year 5 and 6 multi-sports 3:15-4pm Year 3 and 4 Football Club 3:15-4pm



Feeling Calm



In this week's assembly, we discussed feeling *calm*. It's a great feeling as this is when we can listen, learn and think most clearly. We had a look at 3 different parts of the brain and talked about how one part, the amygdala, helps us to survive but doesn't allow us to think when it takes over. We can react in anger or fright to situations, rather than thinking things through. We probably won't even know we are doing this. The best way to get back in control is to breathe deeply. This helps the thinking part of the brain to get back in control.

We had a look at some visual reminders of breathing patterns. See the link below for ideas to share with your child. Practicing them when they feel calm helps them remember what to do when the amygdala takes over!

Feeling calm is great for us but if we were always calm, it would be very boring. It's important that we feel all the emotions, but returning to a state of calmness afterwards helps us to process all those feelings.

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

SIR JOHN BARROW SCHOOL



SUCCESSING
ENJOYING
BELONGING



School meals give your child a warm meal during the day.

Are you eligible for free school meals? Check today!

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Westmorland & Furness Council



HM Government





Public



Westmorland
& Furness
Council



0 – 19 Child and Family Support Services – South Lakeland

February Half Term Cooking & Craft Session

Tue 18th February, Sedbergh Children's Centre – LA10 5AL

Wed 19th February, Ulverston Children's Centre – LA12 9BE

10:30am-12:00am

Come and join us to make and decorate bird biscuits and have fun making bird themed crafts. We will be bringing the outdoors inside, and our birds need you to help them by making a bird feeder to take home. Open to children under 10 years old accompanied by an adult.

Limited places, to book contact sharon.norton@actionforchildren.org.uk Mobile: 07545 701232

Registered Charity Numbers: 1097940/SC038092

Registered address 3 The Boulevard, Ascot Road, Watford WD18 8AG

Registered as a charitable company limited by guarantee in England & Wales 4764232



SIR JOHN BARROW SCHOOL



SUCCESSING
ENJOYING
BELONGING

MULTI SPORTS SESSION



TUESDAY 18TH FEBRUARY
ST MARY'S PRIMARY SCHOOL, ULVERSTON
9.30AM-12PM
AGES 4+

BOOK ON VIA- HPACTIVITIES.COM



01229 483960
admin@sjbarrow.cumbria.sch.uk

SIR JOHN BARROW SCHOOL



SUCCESSING
ENJOYING
BELONGING

ACTIVITY DAY



WEDNESDAY 19TH FEBRUARY
LOW FURNESS PRIMARY SCHOOL
9.30AM-3PM
AGES 4+



HP ACTIVITIES
Community | Inclusion | Engagement

BOOK ON VIA- HPACTIVITIES.COM