

# SIR JOHN BARROW SCHOOL



SUCCESSING  
ENJOYING  
BELONGING

## WEEKLY SNIPPETS

Friday 3rd July 2026

Dear Parents, Carers and Families,

For those parents and families who were lucky enough to see the fabulous performance of 'Mary Poppins' earlier this week you won't be surprised that I am mentioning it again! It was amazing!

As you know, our school motto is **S**ucceeding, **E**nJoying, **B**elonging and the Mary Poppins production was that personified! The success of the different elements of the production (singing, dancing and acting); the way the children (and audience) *enjoyed* themselves and of course the sense of *belonging* that the show created was just fantastic! Well done to all the children and a huge thank you to all the staff who dedicated so much of their own time to helping the children create such a fantastic show!

Sadly, I missed today's RockSteady concert but I have been told it was up to its usual high standard! Again, our children making memories, being brave and making themselves proud of their efforts - just what primary school is all about!

Looking forward to the final fortnight of the summer term together...

Mr. Reddy and the SJB Team!

### Pre-loved Uniform!

*Could parents please help other parents by donating items of uniform which have been used and washed and are ready to be re-used by other children! We would happily accept any donations here in school to share with others ready for September! Thank you!*

Dates for Diaries  
Week commencing:  
Monday 6th July 2026

MON	<u>Multi Sports Y3&amp;Y4</u> 3.15pm-4.00pm Coach Tom
TUES	
WED	<u>Athletics Club-</u>  8.00am Mr Maher
THUR	<u>Rugby/Dodgeball Club- KS2 - 8.00am</u> Mr Maher  <b>FINISHED</b> <u>Performing Arts Club-</u> 3.15pm-4.15pm Mrs Daley
FRI	<u>Running Club-</u> KS1 & KS2 - 8.00am Mr Maher  <u>Football Y3 &amp; Y4</u> 3.15pm-4.00pm Coach Jack -  <u>Multi-Sport Y5 &amp; Y6</u> 3.15-4.00pm Mr Maher



## THIS WEEK'S PLAY UPDATE:

This week was moving up morning so it was wonderful to welcome the future Year 1s to the 'big' playground! Everyone had a brilliant time whizzing on the go-karts, playing in the mud kitchen, water area and scooter ramps. We were so proud of how well they settled in and joined in with the tidying up too!

Our double Golden Welly winners are...

Year 3 & 6



**Call out for Baby Doll Donations!**

**Please send any old baby dolls and dolls clothes to the office.**

# Dates for Diaries

Lots more to follow, please keep checking...

7th July: Y5 Art Day - Felting

7th July: Y6 Drumming Parade 3pm

8th July: Year 2 visit to Sir John Barrow Cottage

9th July: Year 4 Gill Banks Trip

15th July: Y5 & Y6 Trip to Grasmere - please note change of date

16th July: Y6 Leavers Assembly 10.00am

**17th July: Break up for Summer holidays**



# Smart Body Sports

## Super Summer HAF Holiday Activities

Dear Parents/Carers,

We are delighted to invite your child to join us this Summer for our fun-filled HAF Camps at **Sir John Barrow School**, Specially created for children aged 4–11 years. If you're looking for a safe, engaging and enriching way to keep your child active and smiling during the holidays, our Summer camps are the perfect place to be.

As an Ofsted registered provider, we pride ourselves on delivering high-quality childcare that gives parents complete peace of mind. Your child will be supported by our team of qualified, DBS-checked staff who are experienced, caring and passionate about creating positive experiences for every child. We are committed to providing a safe and inclusive environment where all children feel welcome, valued and encouraged to be themselves.

Each day is packed with exciting multi-sports activities to keep children active and build confidence, alongside enriching experiences that spark curiosity and creativity. Whether your child loves being energetic outdoors, getting creative with crafts, or making new friends, our camp offers the perfect balance of structure, fun and freedom to explore.

**Venue: Sir John Barrow School, Argyle St, Ulverston, LA12 0BD**

Week 1: Monday 27th – Friday 31st July 2026

Week 2: Monday 3rd – Friday 7th August 2026

Time: 9am-3pm      Ages: 4-11 years

Includes Breakfast, Lunch and Snacks

Spaces are limited and fill quickly, so we encourage early booking to avoid disappointment. We would love to welcome your child to what promises to be a super special summer break.

**HAF FREE & PAID PLACES:** We offer both FREE HAF and Paid places on camp, Simply scan the QR code below with your phone or visit [www.eequ.org](http://www.eequ.org) and enter the camp venue.

Best Wishes,

*The Smart Body Sports Team*  
[www.smartbodysports.com](http://www.smartbodysports.com)  
[admin@smartbodysports.com](mailto:admin@smartbodysports.com)  
Ofsted Number: 2866182



## FAMILY EVENTS

Perfect for ages 3 - 8 (and grown-ups too!)

LAKE DISTRICT  
MUSIC

### INTERACTIVE MUSIC AND STORYTELLING

#### **Opera North: Mini Magic Flute**

**Fri 31 July @ Barrow Library**

Come with us on a fun, enchanting musical adventure led by a trio of opera singers and an accordionist

11am, 1:30pm & 3.30pm

Tickets: £5 adults / £2 under 18s

#### **Musical Curiosities: Cloudland**

**Sun 2 August @ Windermere Jetty  
Museum**

Join flautist Meera Maharaj and harpist Lucy Nolan as they embark upon a journey into the clouds

11am, 2pm & 3.30pm

Tickets: £5 adults / £2 under 18s

#### **Concerteenies: The Duck With No Luck**

**Sun 9 August @ Abbot Hall, Kendal**

A musical story about Dizzy the Duck with songs and actions for everyone to get involved

11am, 1pm & 2:30pm

Tickets: £5 adults / £2 under 18s



**BOOK NOW**  
[WWW.LDSM.ORG.UK](http://WWW.LDSM.ORG.UK)  
**01539 266 200**

ULVERSTON ARLFC

# WOLVERINES



**STRONG  
TOGETHER  
WOLVERINES  
FOREVER**

## GIRLS U12s RUGBY TRAINING

**STARTING  
TUESDAY 30<sup>TH</sup> JUNE  
6-7PM**

**SCHOOL YEARS 5, 6 & 7**

Be a part of one of the fastest growing sports in the country.



**QUALIFIED &  
EXPERIENCED  
COACHES**



**FUN, INCLUSIVE  
ENVIRONMENT**



**LEARN NEW SKILLS  
& BUILD CONFIDENCE**



**MAKE NEW  
FRIENDS**



### TRAINING VENUE

Ulverston ARLFC  
Ulverston Leisure Centre  
Priory Road  
Ulverston  
LA12 9HT

**ALL ABILITIES WELCOME!**

**COME ALONG, HAVE FUN  
& BE PART OF THE PACK!**



**PLEASE CONTACT:**

**[ulviewolverines@hotmail.com](mailto:ulviewolverines@hotmail.com)**



Ulverston ARLFC Wolverines



@ulverstonwolverines

**#WOLVERINES**



# Summer Events at your local library

The Summer Reading Challenge launches on Saturday 4 July in all libraries.

We have a summer of fun lined up at your local library. Including music workshops based on *The Hungry Caterpillar* and *Diary of a Wimpy Kid*!

Sign your child up to the Summer Reading Challenge at any time in July/August and they will receive incentives for each book they read.



Click on the QR code to see events linked to the Summer Reading Challenge





What you need to know about...

# AGE RATINGS



## What are they?

### 'Age Ratings'

A game's age rating can be used by adults to make an informed choice as to whether or not a game is suitable for their child. The PEGI (Pan European Game Information) system rates games and, instead of indicating the level of ability required to physically play a game, it indicates the suitability of content for that age group. 3, 7, 12, 16 and 18 are the labels that can be awarded to games and a variety of content descriptors such as violence, bad language and fear are used to further clarify why the label was assigned.

**16 & UP ONLY**

**12-15**



## Know the Risks

**18+**

### Inappropriate content

The biggest and most obvious risk of not following the age rating system is that children may view or hear age inappropriate content. Many games now include scenes of a violent or graphic nature which could be upsetting or considered too intense for younger players.

### Peer pressure

Peer pressure has a large role to play in age ratings being overlooked. Children don't want to be the ones left behind and can put their parents under pressure to allow them to play a game beyond the recommended suitability, especially when all of their friends are playing it or body.

### Level of 'Kudos'

Playing a game with a label that is higher than their age can be viewed by some children as a challenge and to gain good reputation among friends. Kudos is awarded to the child playing the age inappropriate game resulting in more children wanting to follow suit.

### Free Platforms

In order for a game to be released on popular platforms, such as PlayStation and Xbox, game developers must pay for a PEGI rating. However, smaller development teams are sometimes reluctant to pay these fees and games are often released on other platforms, such as Steam, without any age restrictions.

**FREE**

## Spot the Signs

### Being vague

Be aware of children being vague around the content of what they want to play. If they are unwilling to supply you with information about what the game is about, this can be an indicator that you wouldn't allow them to purchase it if you knew.

### Unofficial sites

There are plenty of indie games that can be bought using online stores that don't necessarily have age restrictions. If you notice your child using sites such as GOG or itch.io rather than official channels such as the Google Play store, they might be accessing games that aren't officially rated but still aren't age appropriate.

### Unfamiliar terminology

Your child might start using phrases or terminology that is new to them or mimicking actions that they have learnt from a game without realising their inappropriateness.

### Wanting to be secluded

Be aware if suddenly your child wants the move the device that they play their games on into a more secluded area of the house away from adults. It is a good idea for your child to play online games in shared area where you can see the screen.

### Be aware of spending

Setting up accounts with online stores require bank account details. Keeping an eye on your bank balance means that you will be able to tell if there has been a new purchase and can provide you with an opportunity to ask about what new game they've purchased.

## Safety Tips

### Do your research

If you've noticed a new game that your child has downloaded then use quality resources to make sure that your knowledge is up to date. Online websites, such as National Online Safety, can provide you with the information you need.

### Review parental controls

Review your parental controls on the stores where you buy games from. Most sites allow parents to set passwords to block games with certain age restrictions from being downloaded.

### Encourage open dialogue

Encourage open dialogue with your child. You don't want to be in position where they won't talk to you if something has made them feel uncomfortable in a game because they are worried they will get in trouble for playing the game in the first place.

### Discuss ratings

Talk to your child about why the game has been awarded a certain label. Debate the positives and negatives of playing a game and decide on some ground rules together.

## Our Expert Heather Cardwell



Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding online and educating children around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.

# The bridge

## Annual Open Day

In partnership with

**Barrow Fulli**

**04.07.26**

10:00am - 3:00pm



Help us celebrate a year of The Bridge! Join us for a day of free, fun activities including art workshops, dance performances, live artists, STEM activities, plus more collaborative activities with our partners.

**Try it, Make it, Bridge it.**

The Bridge,  
Portland Walk,  
Barrow-in-Furness,  
LA14 1DB

# SUMMER HOLIDAYS

FUN • FRIENDS • ACTIVE DAYS

## WEEK 1



MON – LITTLE BALLERS  
FORD PARK 1PM



TUES – MULTI SPORTS  
LOW FURNESS 9.30-12.30



WED – MULTI SPORTS  
ST MARYS 9.30-12.30

## WEEK 3



MON – LITTLE BALLERS  
FORD PARK 1PM



TUES – ACTIVITY DAY  
ST MARYS 9.30-3



THURS – GIRLS FOOTBALL  
ULVERSTON PARK 10AM-12PM

## WEEK 4



TUES – MULTI SPORTS  
ST MARYS 9.30-12.30



THURS – ACTIVITY DAY  
LOW FURNESS 9.30-3

## WEEK 6



MON – LITTLE BALLERS  
FORD PARK 1PM



TUES – ACTIVITY DAY  
LOW FURNESS 9.30-3



WED – MULTI SPORTS  
ST MARYS 9.30-12.30



THURS – GIRLS FOOTBALL  
ULVERSTON PARK 10AM-12PM



**HP ACTIVITIES**

Community | Inclusion | Engagement



BUILD  
CONFIDENCE



MAKE  
FRIENDS



STAY  
ACTIVE



HAVE  
FUN!



BOOK ON NOW VIA [HPACTIVITIES.COM](https://hpaactivities.com)

# Adult Learning

## Building Confidence



**Wednesday 16 September**

**9.30 – 11.30am**

**6 Weeks**

**Ulverston**

**FREE**

Led by Julie, our fully qualified Health & Wellbeing Tutor

- Discover ways to improve your self confidence & self esteem.
- Learn to be more assertive and confident when saying 'No'.
- Change negative thought patterns & intrusive thoughts.
- Learn strategies to manage stress & anxiety in everyday life situations.
- Rediscover yourself.
- Forge new connections.

To book a place please visit our website at:

<https://adultlearning.cumbria.gov.uk/centres/kendal.asp>

Or: **01539 713257** or **07966116905** or email:

[Kendaladultlearning@westmorlandandfurness.gov.uk](mailto:Kendaladultlearning@westmorlandandfurness.gov.uk)



Working for Cumberland Council and  
Westmorland & Furness Council



# Smart Body Sports

## Super Summer HAF Holiday Activities

Dear Parents/Carers,

We are delighted to invite your child to join us this Summer for our fun-filled HAF Camps at **Sir John Barrow School**, Specially created for children aged 4–11 years. If you're looking for a safe, engaging and enriching way to keep your child active and smiling during the holidays, our Summer camps are the perfect place to be.

As an Ofsted registered provider, we pride ourselves on delivering high-quality childcare that gives parents complete peace of mind. Your child will be supported by our team of qualified, DBS-checked staff who are experienced, caring and passionate about creating positive experiences for every child. We are committed to providing a safe and inclusive environment where all children feel welcome, valued and encouraged to be themselves.

Each day is packed with exciting multi-sports activities to keep children active and build confidence, alongside enriching experiences that spark curiosity and creativity. Whether your child loves being energetic outdoors, getting creative with crafts, or making new friends, our camp offers the perfect balance of structure, fun and freedom to explore.

**Venue: Sir John Barrow School, Argyle St, Ulverston, LA12 0BD**

Week 1: Monday 27th – Friday 31st July 2026

Week 2: Monday 3rd – Friday 7th August 2026

Time: 9am-3pm      Ages: 4-11 years

Includes Breakfast, Lunch and Snacks

Spaces are limited and fill quickly, so we encourage early booking to avoid disappointment. We would love to welcome your child to what promises to be a super special summer break.

**HAF FREE & PAID PLACES:** We offer both FREE HAF and Paid places on camp, Simply scan the QR code below with your phone or visit [www.eequ.org](http://www.eequ.org) and enter the camp venue.

Best Wishes,

*The Smart Body Sports Team*  
[www.smartbodysports.com](http://www.smartbodysports.com)  
[admin@smartbodysports.com](mailto:admin@smartbodysports.com)  
Ofsted Number: 2866182



# Holiday Activities and Food (HAF) Programme

## Does your child receive means-tested Free School Meals?

Did you know they can enjoy free, fun-packed activities and nutritious meals during the Easter, Summer, and Winter holidays through the HAF Programme? For more information, please visit our website by scanning the QR Code below.

## What is the HAF Programme?

Funded by the Department for Education (DfE), the HAF Programme supports eligible children and families during school holidays. Holidays can be tough — HAF steps in with free, enriching activities, A healthy, tasty meal every day and opportunities to learn, play, and connect with others.

### Attendance:

- Up to 4 days at Easter
- 16 days in Summer
- Up to 4 days in Winter

Note: The programme does not run during half-term holidays.

To check eligibility and get a booking code, please email:  
[HAF@westmorlandandfurness.gov.uk](mailto:HAF@westmorlandandfurness.gov.uk)



### Include:

- Child(ren)'s full names
- Dates of birth
- Parent/guardian name and contact details



# We Want Your Feedback!

## Did you have issues accessing HAF? Tell us about it so we can help!!

We have created a HAF Access Barriers Questionnaire for parents and carers who may have experienced difficulties accessing Holiday Activities and Food (HAF) programmes. The aim is to gather feedback to help improve the service, and the responses are **completely anonymous**.

Scan the QR code to complete the short survey.

Thank you for helping us grow and improve HAF for everyone!

