



Barnsbury Primary School and Nursery

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Headteacher: Mrs J Harrup

2nd February 2024

Dear Parents and Carers

Thank you to 3M for their wonderful assembly this morning about rocks and fossils. The children were so knowledgeable and taught us all a great deal. I was impressed with their confidence and ability to remember all of their words.

Please take the time to look through our newsletter this week. It will give you a chance to appreciate some of the wonderful learning and opportunities that happen at Barnsbury. In particular, there are photographs of children's work from our Creative Arts Day last week. There is also a phonics activity suggestion and updates about Year 4's experiences with Bikeability and Forest School.

Miss Powell

Unfortunately, our wonderful Deputy Head, Miss Powell will not be at school for a number of weeks. She had an accident at the end of last week, breaking a hip. This has led to her having to have a hip replacement and will be absent from school while she recuperates and gets well again. She will be sadly missed as she is the heart and soul of the school. I know you will join with me in sending her love and best wishes as she recovers from her operation.

Rethinkwaste

Please could you take a minute to sign up to this initiative to help Barnsbury earn points, hopefully resulting in money for the school. Please click [here to register](#). By signing up and taking part in activities you will receive points for the school. So the more people who get involved, the more points we will earn!

Biggest Ever Football Session

On Friday 8th March, the Biggest Ever Football Session is back and what an incredible way to celebrate International Women's Day at school. What's the aim? To get as many girls as possible all playing football on the same day in schools across England.



World Thinking Day

If your child belongs to Rainbows, Brownies, Guides, Beavers, Cubs or Scouts, they will be able to wear their uniforms to school on Thursday 22nd February as it is World Thinking Day.

Remember next Friday, 9th February is the end of the half term. Children will be back at school on Tuesday 20th February 2024.

Wishing you all a wonderful weekend.

With kind regards

Mrs J E Harrup
Headteacher

Dates for your diary 2023-24

Spring Term

February

Friday 2nd	9am—3M Class Assembly
Friday 2nd	2.45pm PTA—Preloved Uniform Sale—KS1 Hall
Thursday 8th	PTA—Bags to School to go home
Friday 9th	9am—6J Class Assembly
Friday 9th	PTA—Non-Uniform Day—Wear What You Love!
12th—16th	Half Term
Monday 19th	INSET Day
Tuesday 20th—22nd	PTA—Bags to School Returned
Wednesday 21st	Year 5 Trip
Thursday 22nd	World Thinking Day
Friday 23rd	2.45pm PTA—World Book Day Costume Sale KS1 Hall

March

Friday 1st	9 am—Rock Steady Spring Concert
Friday 1st	2.45pm PTA—Preloved Uniform Sale—KS1 Hall
Monday 4th—8th	Scholastic Book Fair—KS2 Hall
Wednesday 6th	Local Governing Committee Meeting (8am-10am)
Thursday 7th	World Book Day
Friday 8th	9am—1M Class Assembly
Friday 15th	9am—3B Class Assembly
Friday 15th	PTA Cake Sale
Tuesday 19th	9.30am Rock Steady Spring Concert
Thursday 21st	9.30am Rock Steady Spring Concert
Friday 22nd	Y4 & 5 Production Dress Rehearsal (KS1) 9.30am
Monday 25th	Y4 & 5 Production Dress Rehearsal (KS2) 1.30pm
Wednesday 27th	Y4 & 5 Production—adults only—6pm
Thursday 28th	End of Term—Finish 1.15pm

April

Monday 15th	INSET Day
Tuesday 16th	First Day of Summer Term



Star of the Week



Effort Award



Values Award

Oak	Jasper	Kris	Imaan
Ash	Miguel	Elliot	Hashim
1B	Ben	Ellen	John
1M	Elize	Jannat	Connor
2M	Molly	Chloe	Hadley
2T	Jake	Chloe	Ulvi
3B	Amber	Leo	Flo
3M	Thomas B	Thomas W	Holly
4T	Ahmad	Jemima	Ayush
4D	Isla	Emma	Mia
5M	Noah	Nicola	Olivia
5B	Charlotte	Lucy	Catalina
6J	Rebeca S	Katie	Anastasia
6G	Flynn	Khadija	Liah

Congratulations to our Super Spellers this week: Veda (3B)



Congratulations to the recipients of a WOW certificate this week: Diamond (6G), 9 Children in 5B for Polytunnel Projects, James (4D), Oscar T (4D), America (4D), Oscar S (4D), Ella (2M), Louis (Oak)



Year 3

Year 3 children were given the task of exploring artists who make sculptures of food. This exposed them to a plethora of possible mediums and resources, especially recycling materials, to create a realistic representation of their choice of food. The creations were incredibly creative, imaginative and realistic, and enjoyed by the school on their 'walk through.'



Year 4

Last Friday saw the entire school engaged in our 'Creative Arts Day.' What an amazing experience it was for all, especially the teachers, who were astounded by the level of focus, enthusiasm and creativity. The basis of each theme was taken from and elaborated on, our new curriculum - AccessArt, which we will be implementing in earnest in September 2024.

This was a 'taster' of what the children will be learning and exposed to going forward, which promises to be incredible.

Year 4 worked on a collaboration project, creating wire children after learning about the use of plinths, and it was aptly named Diversity Plinth by Jack Jones-May.



Year 5

Year 5 created some amazing 2 dimensional pieces.

The learning objective was to explore the idea that drawing as a 2 dimensional activity, can be used to transform surfaces which can then be manipulated into a 3 dimensional object. Along the way, the children explored how mark making, line, tonal value, colour, shape, and composition can be used to inform the final piece. The sculptural project included two methods to help build drawing skills: looking at negative space and grid drawing, the results were incredible.



Year 6

Year 6 pupils were exposed to and afforded the opportunity to explore colour in a very personal and intuitive way.

Taking inspiration from artists who use colour, light and form to create immersive installations, pupils were encouraged to create (propose) their own artwork. They were enabled to imagine "what if...?" and encouraged to share their vision for our world.

We encouraged the pupils to recognise their growing ability to articulate their thoughts and understand that we can use art to bring people together. The results were incredibly thought provoking and powerful.



WASPs Sportshall Athletics

It is impossible to describe the pride we have in our Barnsbury Athletes, as they competed in the WASPs Sportshall Athletics yesterday, at the Guildford Spectrum. The level of fitness, skills and pure dedication to their athletic performance was incredible. While we are still awaiting the individual placements for the day, we were awarded 4th position overall, which saw an amazing improvement from last year's 12th position. In addition to the exemplary display of athletic discipline, the outward show of our Barnsbury values was evident from the start. We are so excited for the upcoming events in Spring 2 and beyond. Well done Barnsbury!



Phonics

With Valentine's Day around the corner why not find a fun way to practise some phonics sounds and words. I found these wooden hearts in 'The Range' and painted them before putting slightly trickier words on to challenge the children in my class just that little bit more.

Miss Paice

Teaching Assistant (1B)



Bikeability

Year 4 completed their Bike Ability session this Spring 1, and received their Level 1 - certification. Besides learning bicycle confidence and safety, the children had a great deal of fun.



Forest School

Thank you to Mrs White and Mr Savill for their expertise in Eco matters and teaching the Year 4 children so much during their Forest School lessons this half term. What a treat it was to witness the excitement on the children's faces as they headed out each afternoon. We are truly privileged to have a Forest on site, and educators who are passionate about exploring and teaching, despite the damp and muddy conditions.



Junior Park Run

Just a reminder of the Woking Junior Park run each Sunday, which offers children the opportunity to get fit and get an additional training session in.

Tracy Living is there most Sunday's, and assist our Barnsbury runners in a pre-run warm-up session. Why not go along and join in the fun - you can run alongside your child! This is a free activity, and children can follow their progress by logging on and working towards running bands awarded after various distances.

Here are a few of our runner who participated on 28.02:

Well done to Oscar Stone, achieved his special milestone band - 11 Junior parkruns = half a marathon. Thomas Living for securing a 1st place, and to Jack Jones-May, Sienna Haagman, Georgie Arden, Adele Cottrel and Oscar Stone, on their amazing runs.

<https://www.parkrun.org.uk/woking-juniors/>



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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