



Barnsbury Primary School and Nursery

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Woking
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Email: info@barnsbury.surrey.sch.uk

Headteacher: Mrs J Harrup

15th September 2023

Dear Parents

Miss Powell and I had the pleasure of popping down to see the Year 4 children at their residential yesterday. Henley Fort in Guildford is such a beautiful place with amazing views. The children had all been taking part in exciting activities and were looking forward to a camp fire that evening. I look forward to welcoming them back to school later this afternoon.

Is my child too ill for school?

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

The COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school. It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. For further information, please click [here](#) for the NHS information for parents: *Is my child too ill for school*.

We are also aware that some children may be struggling with symptoms of anxiety. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. DfE has published useful guidance on mental health issues affecting a pupil's attendance and those who are experiencing persistent symptoms can be encouraged to access additional support. Please click [here](#).

The Big Wild Walk 2023

The Wildlife Trust have launched their '[Big Wild Walk](#)' for 2023 and are encouraging families to challenge themselves to explore the nature on their doorstep and discover the natural world around them. All while raising funds to protect wildlife.

Woking Boys and Girls District Football 2023/24

The Woking District are looking for new players to join their Girls' and Boys' teams. Last year, the teams were extremely successful in local and national competitions but unfortunately, this year there are not enough players to make up a team. I have included more information in the body of the newsletter—if your child enjoys football and wants to get involved with high quality training and development, please take a look.

Harvest

We will be having a Harvest Collection again this year, with all donations going to Woking Foodbank. If you are able to support other local families facing hardship, please bring your donations to school week commencing 25th September. I have included ideas for donations from Woking Foodbank below.

Our Year 3 children will also be performing a Harvest Assembly on Friday 6th October at 9.00am.

Community Support

You may already be aware that there was a fire in a block of flats on the Barnsbury Estate over the summer break. Some families have lost their possessions, things they have accumulated over a lifetime, access to their home and many treasured memories. While they may never be able to replace the items that have sentimental value, we can go some way, as a community, to help the families start to rebuild their lives. If you are able to contribute something to support these families, please do so on the links below. Individual pages have been made to ensure that each family receives the funds directly.

[Go Fund Me Family 1](#)

[Go Fund Me Family 2](#)

Book Sale

Next Friday (22nd September), we will be having a book sale of books donated last year. Books for Key Stage 2 children will be displayed outside of the School Office and books for Key Stage 1 children will be displayed on the KS1 playground. A bucket will be available for contributions.

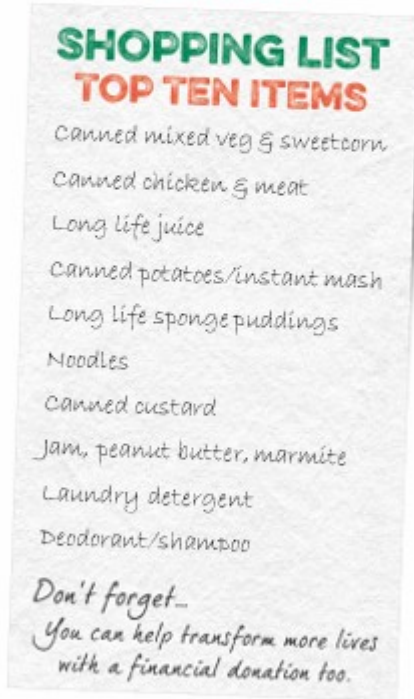
Wishing you all a wonderful weekend.

J Harrup

Mrs J E Harrup
Headteacher



Help by donating an item or two from our shopping list to support people facing hardship.



Dates for your diary 2023-24

Autumn Term

September

Monday 18th	9.00am Tour for Prospective Reception Parents 2024
Tuesday 19th	10.30am Tour for Prospective Reception Parents 2024
Wednesday 20th	1.30pm Tour for Prospective Reception Parents 2024
Tuesday 26th	9.00am Tour for Prospective Reception Parents 2024
Thursday 28th	1.30pm Tour for Prospective Reception Parents 2024
Friday 29th	9.00am 4D Class Assembly
Friday 29th	10.30am Tour for Prospective Reception Parents 2024

October

Friday 6th	9.00am Year 3 Harvest Assembly
Friday 13th	Feeling Good Day
23rd to 27th	Half Term
Monday 30th	Children return after half term

November

Thursday 2nd	Outdoor Classroom Day
Tuesday 7th	3.30-5.30pm Virtual Parents' Evening Consultations
Thursday 9th	3.30-7.00pm Face-to-face Parents' Evening Consultations
Wednesday 15th	8.00am Local Governing Committee Meeting
Friday 17th	Team Building Day & 4T Class Assembly
Friday 24th	6G Class Assembly

December

Friday 1st	5M Class Assembly
Tuesday 5th	9.30am Rock Steady Concert
Wednesday 6th	Christmas Dinner and Christmas Jumper Day
Friday 8th	9.00am Rock Steady Concert
Monday 11th	9.30am Dress rehearsal for KS1 Christmas Production
Monday 11th	2pm KS1 Christmas Production
Tuesday 12th	9.00am and 2pm KS1 Christmas Production
Thursday 14th	9.30am Rock Steady Concert
Friday 15th	1.15pm End of Term

Dates for Class Assemblies 2023-24

All class assemblies will be on a Friday morning and will be held in the main school hall at 9.00am

Autumn Term

29th September	4D
17th November	4T
24th November	6G
1st December	5M

Spring Term

2nd February	3M
9th February	6J
8th March	1M
15th March	3B

Summer Term

10th May	2M
17th May	5B
24th May	2T
21st June	1B
28th June	Oak
5th July	Ash



Star of the Week

**Effort
Award**

**Values
Award**

Oak	-	-	-
Ash	-	-	-
1B	Elina	Ben	Alexia
1M	Jannat	Eva	Jenson
2M	Chloe	Shelby-Lee	Poema
2T	Izzy	George	Vishnu
3B	Callan	Khaleesi	Lucy
3M	Holly	Abiya	Thomas
4T	-	-	-
4D	-	-	-
5M	Emma	William	Maria
5B	Ava	Jack H	Ava
6J	Ollie	Piper	Edward
6G	Ruby	Seba	Aurelia

**Congratulations to our Super Spellers
this week:**

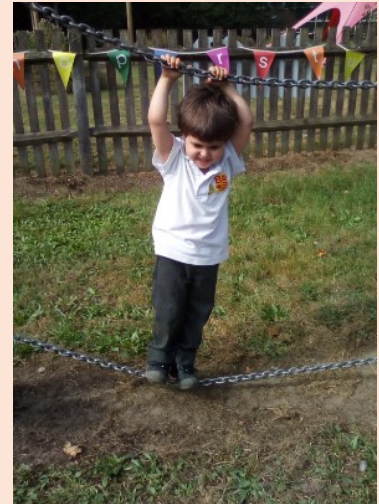


**Congratulations to the recipients of a
WOW certificate this week: Jake (2T),
Isla (2T)**



Reception

Reception are settling in so well to their new classes. The children have been amazing at coming into the classrooms independently and doing their morning jobs. They have been having lots of fun exploring both indoors and outdoors, and making new friends. Mrs Harrup noticed them doing Fantastic Walking on the way to lunch this week as they are demonstrating positive behaviours around school as well as in the classroom. We have had a busy week, learning our new routines. Hopefully everyone will sleep well over the weekend, ready for another fun week at school next week.



Year 2

We have had a brilliant start to the new school year. In 2T we have been so impressed with how well the children have settled and how well they have been demonstrating our new school rules and the Barnsbury Values! We are very happy to be back and have had a busy first two weeks.

In our topic 'Sensational Safari' we have been learning about Masai culture and African Art. Here are some wonderful examples of our African inspired art, using colour pencil and focusing on repeating patterns. We have also been making the most of the sunshine and enjoyed a 'Senses Safari'. We worked in partners to explore finding things we could, smell, touch, taste, hear and see in the outdoor areas.

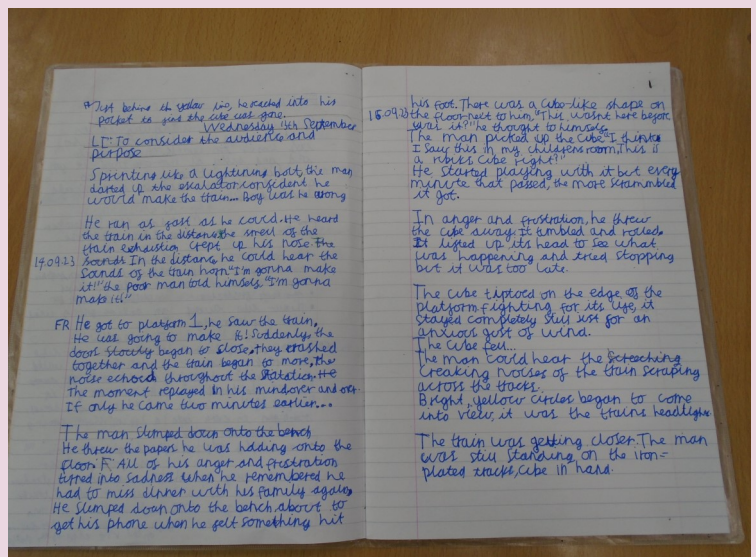
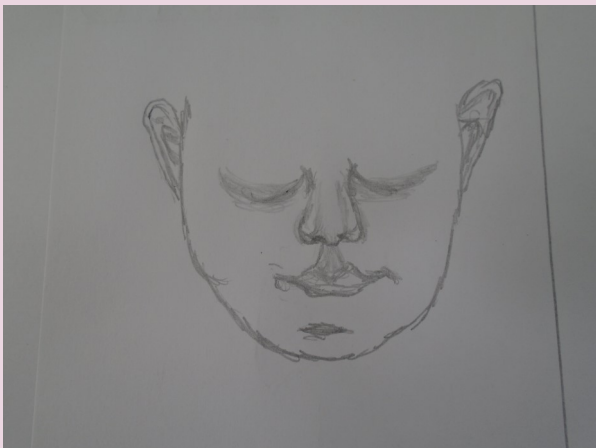


Year 6

Year 6 have had a wonderful start to the year. We have enjoyed getting to grips with our geography topic, "Adventurers and Explorers" by taking part in an explorer head to head battle! After gathering information about each person, we had to justify why our chosen explorer was the best of the best, considering what they achieved and the impact it had on our understanding of the world.

In Art, we have begun looking at representations of movement. We have looked at different poses that could represent movement, quickly sketching the shapes of the body to understand how these positions can create the illusion of action. We have also looked at facial expression, taking care with proportion.

Many of Year 6 applied for the role of House and Sports captain. Candidates had to write letters to Mrs Harrup, outlining why they would be a responsible role model for their house team and a brilliant representative of Barnsbury. They then had to present a speech to their house team before the decision went to a blind vote. All staff commented on how thoughtful, confident and considerate all who stood for house and sports captain were when delivering their speeches. They can be very proud of all of their efforts!



Woking Season 2023-2024

District Girls Football



Represent all the primary schools in Woking by playing in the hugely successful Woking Girls District Football Teams!

U11 Girls Team Criteria

- Girls in School Years 5 & 6 (from September 2023)
- Aptitude in football

Development Squads Criteria

- Girls in School Years 3, 4, 5 and 6
- Want to improve football skills



For further trial information, contact us at wokingspsfa@gmail.com

What is District Football?

District football involves playing for Woking Schools against other girls from other districts. It is a very high level of football and can be considered a huge achievement to be asked to play out of all the girls in Woking! A lot of girls use us as a platform to higher level football, including Regional Talent Centres.

Who are Woking Schools Football Association?

Woking Primary Schools F.A. represent Woking Primary Schools and have been running a district football team for girls for 17 years now. We are a fun, friendly and dedicated association who offer football sessions to challenge talented girls, or for girls who want to quickly improve their skills to a higher level by training in our development squads. Girls who play for us can also play for other clubs.



We compete in the following:

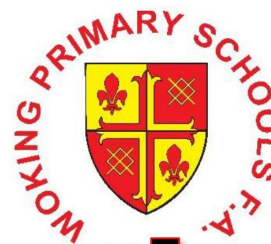
- Surrey Girls District League
 - Surrey Girls District Tournament
 - London Girls District League
 - Southern Counties Girls League
 - Southern Counties Girls Cup
 - Southern Counties Girls Trophy
 - ESFA National Girls Cup
- ...as well as many other events!



Twitter @wokingspsfa

www.wokingprimaryschools.co.uk

Woking District Boys Football Season 2023-2024



Do you want to represent Woking District in the 2023/24 Season with the Woking Boys Football Team?

We are looking for *boys in school Years 5 and 6* who have an aptitude in football to join our development squad this season. From our development squad, we will select a district team for next season at our trials.

What is District Football?

District football involves playing for Woking Schools against other boys from other districts. It is a very high level of football and can be considered a huge achievement to be asked to play out of all the boys in Woking! A lot of boys use us as a platform to higher level football.

Who are Woking Schools Football Association?

Woking Primary Schools F.A. represent Woking Primary Schools and have been running a football district team for boys for 45 plus years now. We are a fun, friendly and dedicated association who offer football sessions to challenge talented boys, or for boys who want to quickly improve their skills to a higher level by training with us. Boys who play for us can also play for other clubs.

For further details contact us via email: wokingspsfa@gmail.com



We compete in the following:

- Surrey District League
- Southern Counties League
- Southern Counties Cup
- Southern Counties League Cup
- Shires Cup
- Gills Trophy
- National Cup
- ...as well as many other events!



Twitter @wokingspsfa



www.wokingprimaryschools.co.uk



**Woking Primary Schools Football Association
Boys District Football 2023/2024 September WASPs Report**

- Southern Counties Cup Winners (first district to have boys and girls win both cups)
- Southern Counties League and Cotswold League Winners
- Shires Cup Runners Up, National Cup Quarter Finals.
- We URGENTLY need talented Y6 boys for the main and b squads.
- We are running an U10 side.

Boys can come along to any of our training sessions as a taster for what we offer. Please send us the names of any boys from Years 5 and 6 who show **APTITUDE, POTENTIAL and/or ABILITY** in football for our main squad, or those looking to track their ability in football with the aim of building U10. **We have flyers available containing the details of these that can be given to the boys.**

A lot of boys have really benefitted from District & Developmental football and parents are always in awe of the whole process. In most cases, you are the first step for them as they may never get the chance without your recommendation.



Main Squad 2022-23
Squad finalisation happening in a few weeks.

B Team/Development
Squad finalisation happening in a few weeks.

Schools
TBC

Adam Gunn (Manager)
District email:
adamgunnweff@gmail.com
General district email:
wokingschoolsgirlsfa@gmail.com

**Woking Primary Schools Football Association
Girls District Football 2023/2024 September WASPs Report**

- Southern Counties Girls Cup, Southern Counties Girls Trophy, Southern Counties Girls League Cup, Surrey League, Surrey Tournament Winners
- Girls Cup Runners Up, National Quarter Finals, London Girls League Runners Up
- All girls from the main squad went onto higher level football, with some at Arsenal, Reading, Chelsea, Crystal Palace and County Football.
- We **DESPERATELY** need more talented girls in the next few weeks to complete our main squad.
- More development girls would also be good.
- Help needed.
- Training and matches becoming highly expensive.

Girls can come along to any of our training sessions as a taster for what we offer. Please send us the names of any girls from Years 3 to 6 who show **APTITUDE, POTENTIAL and/or ABILITY** in football for our main squad, or those looking to fast track their ability in football to a higher level. **We have flyers available containing the details of these that can be given to the girls.**

A lot of girls have really benefitted from District & Developmental football and parents are always in awe of the whole process, our model for girls' football is being used by other districts and is highly valued by the ESFA. In most cases, you are the first step for them as they may never get the chance without your recommendation.



Main Squad 2022-23
Squad finalisation happening in a few weeks.

Development
Squad finalisation happening in a few weeks.

Schools
TBC

Hello to you all,

I hope you have had a lovely summer!

This year I will be looking at parental self-care and wellbeing. As parents we often forget to look after our own well-being needs, which in turn can impact on our ability to care for our children in the way that we want to. When we factor in regular time or activities for ourselves and consider our mental well-being we are pouring back into our own cup. This enables us to enjoy the good moments in life and in turn builds our resilience to manage some of the more difficult times (Anna Freud Centre).

I will be arranging various activities, coffee mornings, to promote parental well-being and self-care throughout the year. Please see attached a poster for one of the initiatives that I will be running. Please do reserve a place if you are interested.

Kind Regards

Ambreen Ali
Home School Link Worker



Mindfulness Colouring for Adults

Come Join Us for a Weekly Mindfulness Colouring Session
Every Wednesday at 2pm
Starting 26th September, 2023

Limited Spaces Available

To reserve a place please contact Ambreen Ali – HSLW on hslw@banrsbury.surrey.sch.uk

Benefits of Colouring:

- Relaxes the Brain
- Improves Brain Function
- Improves Motor Skills
- Improves Focus
- Reduces Anxiety and Relieves Stress

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games boxes together while shopping, discussing why some games might have earned certain age ratings.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipal.app/about/privacy.html>



#WakeUpWednesday



Fun & Bounce Trampolining

Fridays 4 - 5pm



freedomleisure
where you matter



GIRLS FOOTBALL CLUB

TUESDAY'S

SEPTEMBER 12th until
DECEMBER 12th



Girls
5-11 Years Old

Camp Venue

Woking Leisure Centre
Kingfield Road, GU22 9BA

Time

4:15pm Kick Off!
1 Hour Session

Cost of Block **£45.50**

More info: hcwoking@freedom-leisure.co.uk

STARTS: 12th September at 4:15pm



10 - 12yrs

Junior Basketball

Join us for instructor led Basketball sessions
in partnership with Woking Blackhawks.

Develop fundamental skills in an encouraging
and fun environment.

Woking Leisure Centre
Mondays, 5 - 6.30pm

For more information email:
hcwoking@freedom-leisure.co.uk



**WISHEL LAWN TENNIS CLUB
WOKING**

TENNIS
JUNIOR COACHING



**FOR MORE INFORMATION ON OUR
JUNIOR COACHING GROUPS -
PLEASE USE THE QR CODE**

**SATURDAY'S / MID-WEEK - AFTER-SCHOOL
RECEPTION AGE / YR 1-2 / YR 3-4 / YR 5-6**

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