



# Barnsbury Primary School and Nursery

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**Headteacher: Mrs J Harrup**

6th September 2024

Dear Parents

Welcome back to the new academic year! What a wet and soggy start! It has been so lovely to see the children settling so quickly into their new classrooms with their new teachers. We had a whole school assembly on Wednesday morning and it was wonderful to have us all back together as a school community.

## Parent Information Sessions

Just to remind you of the Parent Information sessions that are happening next week. Please see dates and times below:

Friday 6th September—9.00am—Year 4  
Monday 9th September—9.00am—Year 2  
Tuesday 10th September—2.30pm—Year 5  
Friday 13th September—9.00am—Year 6  
Monday 16th September—9.00am—Year 3  
Tuesday 17th September—2.30pm—Year Reception  
Thursday 19th September—2.30pm—Year 1

All meetings will be held in the School Hall and refreshments will be available.

## Class Assemblies

These have all been booked into the calendar—please see the newsletter for the date of your child's class assembly; we hope you will be able to join us.

## News from Barnsbury PTA

Asda are running a 'Cashback to Schools' and we would like to spread the word at Barnsbury. Please see the poster in the body of the newsletter for further information.

Please follow these steps to make sure your rewards come to our PTA.

\*Step 1\* - download the Asda Rewards App.

\*Step 2\* - select Barnsbury Primary School for your rewards. Our postcode is GU22 0BB.

\*Step 3\* - do your shopping 🛒

## Opportunities for Key Stage 2 Children

The Winston Churchill School are running STEM workshops (with our Maths and Science departments) for children in Year 5. They are also organising a Primary Orchestra running for children in Years 4, 5 and 6. Please see the newsletter for further information.

## Information for Parents

Please see the newsletter for advice and support with: Using and reviewing parental controls and Supporting children going back to school.

## Travel to school and parking

Please consider parking further away from the school in surrounding roads to play your part in easing congestion around the school at peak periods. Or can you walk or cycle to school—really good for the family’s health and the environment!

There is also a one-way route we are trying to enforce around the school during peak times. Please see the map below:

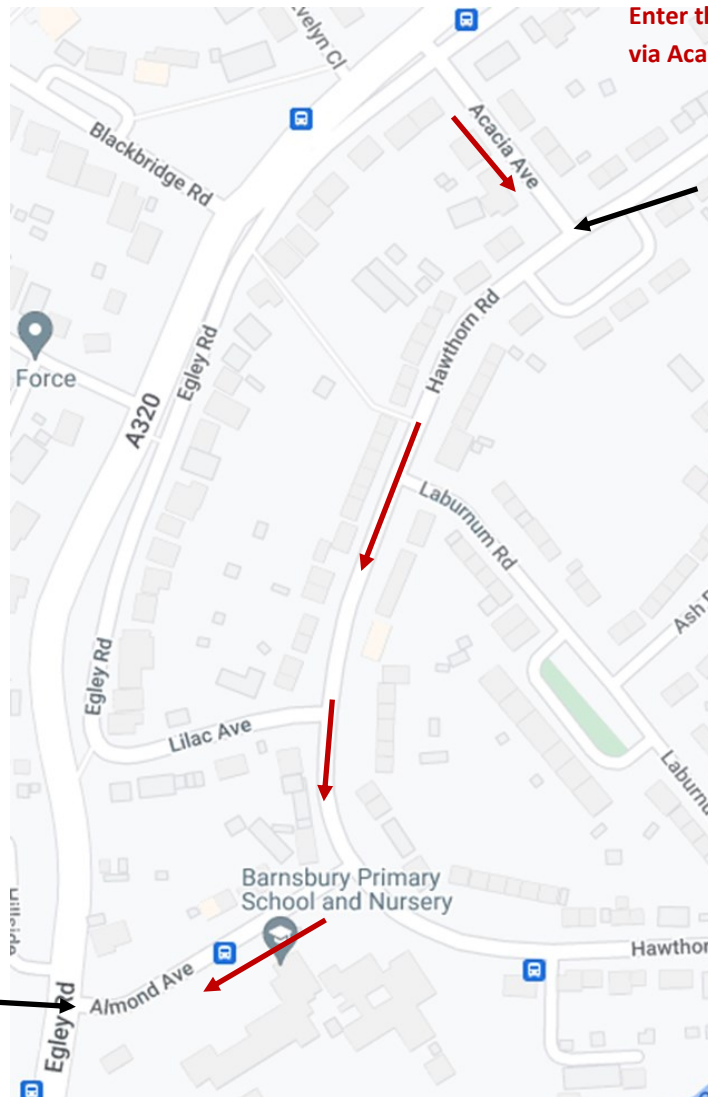


Keep everyone safe—drive slowly around the estate.



Consider our neighbours and all parking restrictions when leaving your car. Yellow lines, driveways and verges are not appropriate places to park

Please don't enter the estate here—exit only.



Enter the estate via Acacia Avenue



To ease congestion around the school, turn

One-way route turning right onto Hawthorn Road, then right into Almond Avenue, exiting onto Egleby Road.



The pavements are busy with walkers, prams, scooters, bikes and more. Be alert to keep everyone safe.

Wishing you all a wonderful weekend.

With kind regards

Mrs J E Harrup  
Headteacher

# Dates for Class Assemblies 2024-25

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

## Autumn Term

4th October	4D
25th October	5M
29th November	6L
6th December	3M

## Spring Term

7th February	6G
14th February	4J
14th March	5T
21st March	1M
28th March	1B

## Summer Term

2nd May	3B
16th May	2M
23rd May	2T
27th June	Oak
4th July	Ash

# ASDA Rewards Pounds, not points

## INTRODUCING CASHPOT FOR SCHOOLS!



## You scan, we donate ££s to schools

We've teamed up with Joe Wicks to support UK primary schools through Cashpot for Schools.

When you opt-in you'll be able to select a school – and we'll donate 0.5% of your total spend when you shop\* to their Cashpot. Plus, we'll give them an extra £1 for every customer

# Cashpot for Schools is our mission to support primary schools across the UK.

Every time you shop with Asda Rewards from 2nd September to 30th November, we will donate 0.5% of your total spend to a primary school of your choice. Plus, Asda will pop £1 into your school's Cashpot every time someone opts in.

Even more, Asda will get your school started with a further £50. To redeem this, make sure to shop & scan and remind your school to sign up with Parentkind.

For more info, please see our **Terms & Conditions**.

You won't give up any of your own earnings, and your Cashpot will continue to grow!



# 10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

## 1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

## 2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

## 3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

## 4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

## 5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

## 6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

## 7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

## 8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

## 9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

## 10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

## Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

## 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

## 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

## 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

## 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

## 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

## 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

## 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

## 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

## 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

## 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

## Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>



# The Winston Churchill School

Caring | Inspiring | Successful



This Autumn Term the Winston Churchill School Science and Mathematics departments will once again be running a series of masterclasses for primary students, and as such they are looking for budding scientists and mathematicians to join them.

The masterclasses will take place over six sessions (three science and three mathematics) that run from 4.15pm-5.15pm on the following dates: Monday 7th October, Monday 14th October, Monday 21st October, Monday 4th November, Monday 11th November and Monday 18th November.

The sessions are FREE to attend but places are limited and will be given on a first come first served basis. Parents/carers of the students participating are also invited to take part in the masterclasses if they wish to. On the day of each masterclass, students should sign in at the main school reception. They do not need to wear school uniform and do not need to bring anything as all resources will be provided.

If you would like your child to take part in the masterclasses, please complete the [google form here](#) by no later than Friday 27th September. We look forward to you joining us!

The Winston Churchill School Music department are looking for young musicians to join our 'Primary School Student Orchestra', which will be running throughout October and November. It will be an opportunity for students to come together with other musicians, including student music leaders from Winston, to rehearse and perform music. Any student who learns an instrument (no matter the instrument) can join. Rehearsals for the 'Primary School Student Orchestra' will take place on Wednesday evenings between 4.15-5.15pm in the Performance Space at Winston.

## PRIMARY SCHOOL STUDENT ORCHESTRA



*The Summer 2024 Primary Orchestra performing in the Performance Space at The Winston Churchill School*

### Below is the full list of rehearsal dates:

Autumn half term 1: 2 nd October 9 th October 16th October 23rd October

Autumn half term 2: 6 th November 13th November 20th November

The 'Primary School Student Orchestra' will then be invited to play in our Autumn Concert on Thursday 28th November, which will be a fantastic performance opportunity as well as a chance to listen to the outstanding music making taking place at Winston. The rehearsal sessions are FREE to attend. On the day of each rehearsal, students should sign in at the main school reception from 4.05pm. They do not need to wear school uniform. Music stands and instruments such as keyboards and drums will be provided. If you would like your child to take part in the 'Primary School Student Orchestra', please complete the [google form here](#) by no later than Friday 27th September. We look forward to you joining us!