



# Barnsbury Primary School and Nursery

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**Headteacher: Mrs J Harrup**

6th December 2024

Dear Parents and Carers

I wanted to say a huge thank you to all of the amazing parents who helped to organise and run our Christmas Fair this year. It was such a lovely event, with fabulous stalls and refreshments. The school was heaving with happy families—thank you to everyone who came along to support the event, including Father Christmas! Special thanks to the Rock Choir and our children's choir for singing so beautifully and putting us all in the Christmas Spirit.

This morning 3M performed their class assembly all about Ancient Egyptians. We learnt about mummification, Egyptian Gods and hieroglyphs and were entertained with some Egyptian dancing. A fabulous assembly—well done to everyone involved.

## **Christmas Events**

Please remember to send your child in with a Christmas Jumper and £1 donation on Wednesday (11th) as it's our Christmas Dinner and Jumper Day.

Children in Years 3 & 4 are off to see the Woking Panto on Thursday afternoon, with Years 5 & 6 going on Friday afternoon.

We have our KS1 Christmas Productions going on during the week on 16th December. Mark, Cafe2U, is going to be in the top carpark on Monday 16<sup>th</sup> and Tuesday 17<sup>th</sup> December for parents to buy a hot drink. Perfect before watching the KS1 morning performances.

## **Times Table Rockstars**

In our most recent Times Table Rockstars Battles, Year 3 were the winning year group against Year 5, and Year 4 were the winning year group in their battle against Year 6.

Congratulations to the 'most valuable players' who scored the most points for their team:

Year 3: Avyukth, Chloe S & Poema

Year 4: Cecilia, Holly & Jonathan

Year 5: Abi, Adele & Jack

Year 6: Caidence, Noah & Freddie

## **Safeguarding Awareness for Parents & Carers - England Football Learning**

Safeguarding is about creating safe environments and preventing children from experiencing harm or abuse. Its core mission is comprised of the measures institutions take to protect young people and children. Football is by far the most popular sport in the country, particularly among teenagers and children. England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents make an informed choice, about the footballing infrastructure in which children are enrolled. The course explains the vital role of safeguarding within the sporting sphere, and is well worth a look. If interested in this e-seminar, please follow the link [here](#):

Wishing you all a wonderful weekend.

With kind regards

Mrs J E Harrup  
Headteacher

# Dates for your diary 2024-25

## Autumn Term

### November

Friday 29th	9.00am 6L Class Assembly
Friday 29th	10am—PTA—Hedgerow Planting
Saturday 30th	2-5pm—PTA Christmas Fair

### December

Monday 2nd	KS1 Christmas Pantomime experience
Thursday 5th	9am Rocksteady Concert—Thursday bands
Friday 6th	9.00am 3M Class Assembly
Tuesday 10th	9am Rocksteady—Tuesday bands
Wednesday 11th	Christmas Dinner and Jumper day
Thursday 12th	KS2 Pantomime visit—Woking Theatre
Friday 13th	KS2 Pantomime—Woking Theatre
Monday 16th	9.15am—KS1 Christmas Production Dress Rehearsal
Monday 16th	2pm—KS1 Christmas Production
Tuesday 17th	9.15am -KS1 Christmas Production
Tuesday 17th	2pm—KS1 Christmas Production
Wednesday 18th	Christmas Carol Concert Years 3 & 4
Friday 20th	1.15pm End of Term

# Dates for your diary 2024-25

## Spring Term

### January

Monday 6th	First day of term
Thursday 9th	9.00am—Prospective Parent Tour
Friday 17th	Local Governing Committee Meeting

### February

Friday 7th	6G Class Assembly
Friday 14th	4J Class Assembly
Friday 14th	PTA Non Uniform Day—Love What You Wear
17th-21st	Half Term
Monday 24th	INSET Day

### March

Friday 7th	9.00am Rock Steady Concert (Friday bands)
Weds 12th	Local Governing Committee Meeting
Friday 14th	5T Class Assembly
Tuesday 18th	9.00am Rock Steady Concert (Tuesday bands)
Friday 21st	1M Class Assembly
Thursday 27th	9.00am Rock Steady Concert (Thursday bands)
Friday 28th	1B Class Assembly

### April

2nd-4th	Year 6 Residential to Avon Tyrell
Friday 4th	1:15pm End of Spring Term



### Star of the Week

Oak	Lucy
Ash	Anna
1B	Hashim
1M	Ohene
2M	Ellen
2T	Joiah
3B	Finlay
3M	Priyam
4D	Mila
4J	Jimmy
5M	Harriet
5T	Mia
6G	Bowen
6L	Jeremy

### Effort

### Award

Rafferty
Vinson
Lenny
Julia
Loggie N
Mikael
Fatimah
Eddie
Thomas
Abdul
Maria
Oscar T
William
Olivia

### Values

### Award

Krushnal
Sienna
Ruobing
George
Sammy
Jannat
Isaac
Sarah-Luisa
Natalia
Leo
Harry
Kaylah
Harriet
Lucy

Congratulations to the Lionesses this week: Rebecca (KS1), Ellen (LKS2) & Bella (UKS2)



PLAYER OF THE MATCH

Congratulations to the recipients of a WOW certificate this week: Thomas W, Violet & Louis M (4D)



Congratulations to our Super Spellers this week: Isla-Rose & Jonathan (4D) (4D)



The winning year groups for the most recent TimesTable Rockstars Battle are:

**Year 3 and Year 4!**

Congratulations to our Most Valuable Players- these children added the most points to their class score.



**Year 3: Avyukth, Chloe S, Poema**

**Year 4: Cecilia, Holly, Jonathan**

**Year 5: Abi, Adele, Jack**

**Year 6: Caidence, Noah, Freddie**



Keep practising your times tables! See details of our next battle below:

**Barnsbury Primary School and Nursery**

**vs**

**Kingfield Primary School**

**Monday 9<sup>th</sup> December – Monday 16<sup>th</sup> December**

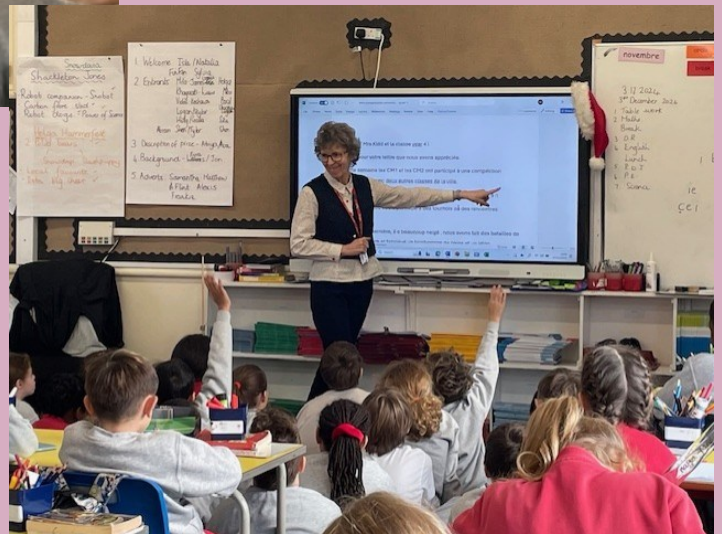
For more information on how to support your child on TTRockstars, please visit <https://trockstars.com/parents/> and click on the Parent Guide.



# French Connections



Year 4 received another letter from their friends in France. They had SNOW last week! The French children built a snowman and an igloo - it sounded fun. They are also very proud of themselves, because their class won 8 out of 9 medals in an athletic competition in Plessis Robinson. We want to send them one more letter before the end of term - to wish them Joyeux Noël !



# Phonics

Why not make phonics fun for your child. Draw/print out a picture of Father Christmas and add some 'tricky words' or sounds they are learning. You can even have these repeated a few times on the picture, depending on their ability. Then use some cotton wool to cover up the sound/tricky word after they have completed it.

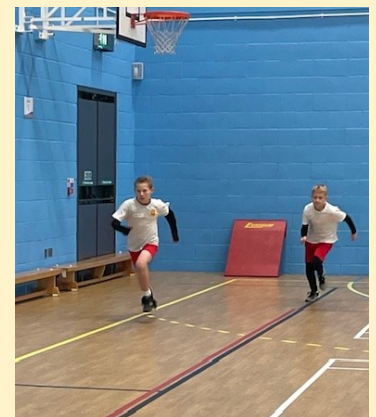
Natalie Paice  
Trainee Teacher  
Year 4





# Athletics Club

What a productive and most enjoyable morning training session at Hoe Valley High School. A mighty big thank you to all concerned, for making this a really great opportunity for our Athletes, to experience a Sportshall 'taster!' Mrs Living worked extremely hard to plan an impressive series of events for the children. Our gratitude to all the parent helpers who assisted at the stations, as well as accompanying the children on the walk back to school, making the morning run smoothly. We are appreciative of Mr Finch, P.E lead at Hoe Valley, and his team of Sports Crew for all the help received. We are excited and encouraged by the success of this event and look forward to forging a great athletic relationship with HVHS in the months to come.



**BARNSBURY AND KINGFIELD**



**BARNSBURY VS KINGFIELD**

**09 DECEMBER - 16 DECEMBER 2024**

\* ANSWER AS MANY QUESTIONS AS POSSIBLE \*  
PLAY IN ANY GAME TYPE \* THE WINNING CLASS WILL HAVE  
THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL \*  
ASK YOUR TEACHER FOR FULL DETAILS AND RULES \*







# **YOUR BARNSBURY PTA NEEDS YOU!**

**Help us shape the future of  
Barnsbury school and it's  
children by helping us raise  
vital funds...**

**WE NEED YOUR:**

**INPUT...your opinions matter  
TIME...however much you can spare  
DONATIONS...big or small and your  
help CREATING AWARENESS**



**Contact your class rep or email:  
[pta@barnsbury@surrey.sch.co.uk](mailto:pta@barnsbury@surrey.sch.co.uk)**



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or **Childline**, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>





# We are hiring

## School Catering Assistant Barnsbury Primary School & Nursery

Looking for a local, term-time only position with great work life balance and benefits?

- *15 hours per week*

Don't miss out - apply now.



[Join our team](#)



MEADOW SPORTS & OLD WOKINGIANS

# CHRISTMAS WISHING TREE

Pop an unwrapped  
present under the  
tree, and bring a  
smile to a child

Presents will be  
distributed to poorly  
children across two  
local hospitals and our  
local children's hospice



ROYAL SURREY CHILDRENS WARD

ST PETERS CHILDRENS WARD

Final collection: Friday 20th December

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MEET AND GREETs AND EVENTS



## PROFESSIONAL PACKAGES

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## BESPOKE COMPANY

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- **MIX AND MATCH ANY CHARATER**

- **FOR BOYS AND GIRLS!**

## CONTACT INFORMATION



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