



Barnsbury Primary School and Nursery

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Headteacher: Mrs J Harrup

24th January 2025

Dear Parents and Carers

I recently included term and INSET day dates for the academic year 2025-26 in the newsletter. Many apologies, but I made a mistake with the days of the INSET days in the Autumn Term 2025; I have included the correct table below.

	Start Date	Half Term	End Date	INSET Days
Autumn Term 2025	Thurs 4th Sept '25	27th to 31st Oct '25	Fri 19th Dec '25	Weds 3rd Sept '25 Mon 3rd & Tues 4th Nov '25
Spring Term 2026	Weds 7th Jan '26	16th to 20th Feb '26	Fri 27th Mar '26	Mon 5th & Tues 6th Jan '26
Summer Term 2026	Mon 13th April '26	25th May to 5th June '26	Weds 22nd Jul '26	

Please note that there is a two-week half term next academic year in May/June. For the following academic year, 2026-2027, this two week half term may change to fall during the Autumn Term. The SWAN Trust will be consulting on this in the future.

Little Buddies Vacancy

We currently have a vacancy in Little Buddies—our after school care for Early Years and children in Key Stage 1. Further information about the role can be found [here](#).

Children, Smartphones and Apps

On Tuesday 11th February, 7.30-9.00pm at Greenfield School, there is a talk by PAPA (Parents Against Phone Addiction in Young Adolescents) with tips for managing smartphones in your family and information about the impact of smartphones and social media on children. A form to register attendance can be found [here](#) or there is a QR Code on the poster in the body of the newsletter.

Big Garden Birdwatch

The RSPB Big Garden Birdwatch is back! Take part for one hour between 24th and 26th January by recording which birds you see in your garden, from your balcony or in the park. For more information and resources, see the link: [Big Garden Birdwatch](#) and a How To Guide further in the newsletter.

PTA Events

The next two PTA events are happening soon. Please see the posters in the newsletter and support them if you can.

Friday 31st January, 2.50-3.15pm, Pre-loved uniform sale in KS1 Hall

Friday 14th February, 'Wear What You Love' Non-uniform Day, £1 optional donation.

Wishing you all a wonderful weekend.

With kind regards

Mrs J E Harrup
Headteacher



Star of the Week



Effort Award



Barnsbury Values

Values Award

Oak	Muhammad	Umai	Elizabeth
Ash	Neel	Isla	Vinson
1B	Haseeba	Carter	Flora
1M	Noah	Angelica	Ayesha
2M	Kyla	Isaac	Alexia
2T	Ted	Mary-Kate	Emily
3B	Max	Skylar	Jake
3M	Quinn	Ella	Mohammad Raees
4D	Cecilia	Kyra	Tyler
4J	Zaki	Chiram	Callan
5M	Quinn	Lydia & Lexi	Ruohan
5T	Bella	George H	Adele
6G	Praise	Harriet	Balazs
6L	Tom C	Freddie	Catalina

Congratulations to our Super Speller this week:

Abiya (4D)



Congratulations to the recipients of a WOW certificate this week:

Lottie (Ash), Ted and George (5T), Owen (5M), Lucy (6L) , Rita, Maggie, Emma and Kaja (6G)



Dates for your diary 2024-25

Spring Term

January

Friday 31st PTA pre-loved uniform sale

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

Tuesday 4th Parents Evening 3:30pm—5:30pm

Thursday 6th Parents Evening 3:30pm—7pm

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

Dates for your diary 2024-25

Summer Term

April

Tuesday 22nd	Start of Summer Term
Thu 24th & Fri 25th	PTA Silent Discos (times TBC)
Weds 30th	Local Governing Committee Meeting (8am to 10am)

May

Friday 2nd	3B Class Assembly (9.00am)
Friday 16th	2M Class Assembly (9.00am)
Friday 23rd	2T Class Assembly (9.00am)
Friday 23rd	End of half term
26th May-6th June	Two week half term

June

Weds 18th	Class photos
Weds 25th	Local Governing Committee Meeting (8am to 10am)
Friday 27th	Oak Class Assembly (9.00am)

July

4th	Ash Class Assembly (9.00am)
Tues 22nd	End of Term (1:15pm finish)

Barnsbury School Chess Players Success!



Four Barnsbury School chess players took part in a chess tournament on Saturday. The event featured 67 players from 12 different schools across Surrey & Hampshire.

Oscar (5T), Jack (5M) & Vishnu (Year 3) all performed really well.

The whole event was won by Mukund (Year 4). He scored 5 wins from 5 games in his first ever chess tournament outside of school., which is a fantastic achievement!

Congratulations to the Lionesses this week:

Emily (3M), Shauna (1B) and Erin (6L).



End of Autumn Term Cross Country Event

What a wonderful end to the busy Autumn term of hard training, great sportsmanship and an obvious development of skills. The day was just perfect, and the children ran with such determination, displaying their months of hard training in the cold, early mornings. The cheers coming from their teammates, and the school children who came out to watch, only further encouraged them to give their very best. Thank you to all the parents for supporting this event, as well as making sure they arrive at school for their training sessions. We do realize it is early and a 'push' to get them here on time. Thank you to Mrs Living for giving up of her precious time to help with the training, which would be impossible to execute for one person. Team work makes the dream work. We are looking forward to Spring and Summer, with a full calendar of events in the pipeline.



Surrey Schools County Cross Country

On Saturday the 18th January 2025, our school participated in the Surrey Schools County Cross Country Race at Reigate Priory. Schools from across Surrey participated, and each race had a compliment of between 100 and 120 athletes. The competition was exceptionally tough, and Barnsbury Primary Athletes did us proud. Running over quite tricky terrain and at distances of 1.8km for year 5, and 2.1km for the year 6. Almost all completing the race in positions sub 50. Abigail Living finished 10th overall in the year 5 division, and has now secured a spot in the Surrey Schools Development day. We are super proud of her and all of our Barnsbury Athletes.



Value of the Half Term—Responsibility

Responsibility means doing the things we need to do and taking care of ourselves and others. It's like being a superhero in our everyday lives by making good choices and helping out. When we are responsible, we show that we can be trusted and that we care about ourselves and those around us. Whether it's finishing our homework, cleaning up our toys, or being kind to our friends!



Responsibility reflection points

Your actions matter: Think about how your actions (positive or negative) can affect yourself and others.

Taking care of yourself: Personal care is important, such as getting enough sleep, eating healthy foods, being active and practicing good hygiene.

Completing tasks: What tasks are you responsible for? These could be, completing your homework, doing your chores or simply following our 3 Barnsbury rules, by always being 'ready, respectful and safe'.

Being kind to others: Your words and actions play a big role in your day to day life. It is your responsibility to treat all living things with care and respect.

Making good choices: It is your responsibility to make good choices at school and at home.

Learning from mistakes: We are human so we will make mistakes but it is your responsibility to learn from your mistakes and improve.

ACCEPT RESPONSIBILITY
for your actions.

BE ACCOUNTABLE
for your results.

TAKE OWNERSHIP
of your mistakes.

Values activities to try at home with your family

Here are some ways you can show responsibility at home:

Toy clean-up: Tidy up after yourself and put your toys away when you are done playing with them.

Setting the table: Help set the table for breakfast and dinner.

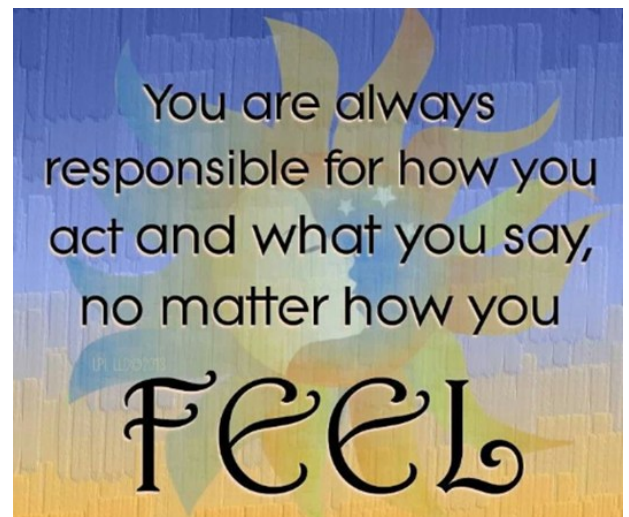
Make your bed each morning

Laundry helper: Help your parent/carer with laundry. You could sort the laundry, help fold and pack away your clothes.

Pet or plant care: Help look after a pet or a house plant. Looking after a living creature is a big responsibility!

Packing lunch: Help prepare or pack your own lunch.

There are loads of ways to show responsibility at home. If you think of another activity or task that has not been mentioned above, share your ideas with your teacher. We would love to hear all about you being responsible at home.



CHILDREN, SMARTPHONES AND APPS

Join us on ...

TUESDAY 11TH FEBRUARY
7:30PM-9:00PM

 GREENFIELD SCHOOL, OLD WOKING ROAD, GU22 8HY



Whether your child has a smartphone or not- please join us to find out some tips for managing smartphones in your family.

Learn more about the impact of smartphones and social media have on children and what we can do to delay or limit their exposure.

Talk from
Jennifer Powers
of PAPA YA

Sign up






PRE-LOVED UNIFORM SALE

LOGO SWEATSHIRTS, CARDIGANS, TROUSERS,
DRESSES, ACCESSORIES & MUCH MORE

PRICES FROM 50P

FRIDAY 31st JANUARY

KS1 HALL 2.50 - 3.15PM

All donations gratefully received at the school office.
Cash, card or bank transfer to the PTA (correct change if you can!)

 **Save the planet, save the pennies, buy pre-loved** 



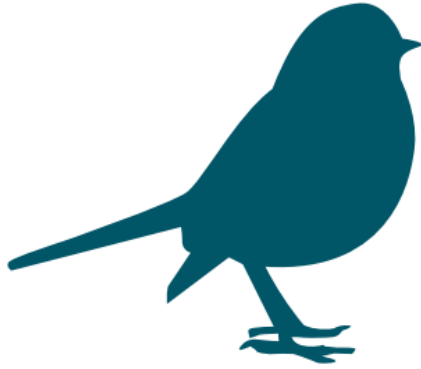
**WEAR WHAT
YOU LOVE!**

NON UNIFORM DAY
FRIDAY 14TH FEBRUARY

£1 OPTIONAL DONATION COLLECTED AT KS1
& KS2 GATES



Your how-to-guide and tally chart



Big Garden Birdwatch

24–26 January 2025

Taking part is as easy as 1, 2, 3

- Count the birds you see in your garden, from your balcony or in your local park for one hour between 24 and 26 January 2025.
Use the tally boxes on the next page to count and record the birds you spot. Transfer your count to the results form. This chart shows some birds you might see. You may see others, if so record those on the results form too. Where only one bird is shown on the ID Chart, both male and female birds look similar but are not always identical.
- Following these simple rules makes it easy to count the birds you see.
Only include birds that land, not those flying over. Count the highest number of each species you see at any one time, otherwise you could count the same bird twice. For example, if you saw a group of eight Starlings but then towards the end of your hour you saw six together, record '8' as your final Starling count.
- Go online and tell us what you saw at www.rspb.org.uk/birdwatch
Submitting online is quick and easy and it means we can spend more on saving nature as it reduces our costs. Whatever you saw – even if nothing at all – please tell us. The more results we have, the better the picture will be of how garden birds are faring.
If you are unable to submit your results online, please complete and send us the print-from-home form.

Helping you make your Big Garden Birdwatch count





Get involved on our social channels

Throughout the Big Garden Birdwatch long weekend, you can join in the conversation on our social channels. See what other nature lovers are spotting across the UK and you can upload pics and comments about your Birdwatch. Go to #BigGardenBirdWatch

Get ID tips and expert advice

You'll find lots of advice on identifying birds by sight and sound, as well as expert insights into garden wildlife at www.rspb.org.uk/birdwatch

The RSPB is a registered charity in England and Wales 207076, in Scotland SC037654. Illustrations by Mike Langman (rspb-images.com) BGBW-25

 Female	 Male		 Female	 Male	
Blackbird ++++ +++++		Blue Tit ++++ +++++	Chaffinch ++++ +++++		Coal Tit ++++ +++++
	 Female	 Male			
Dunnock ++++ +++++		House Sparrow ++++ +++++	Long-tailed Tit ++++ +++++		Collared Dove ++++ +++++
					
Greenfinch ++++ +++++		Goldfinch ++++ +++++	Robin ++++ +++++		
					
Magpie ++++ +++++		Great Tit ++++ +++++	Woodpigeon ++++ +++++		Starling ++++ +++++

Together, let's make it count

Connect to nature. Play your part.



Big Garden Birdwatch

BWMNAM0101

24–26 January 2025

Record your results

What will you see?

Enjoy an hour in nature and count the birds in your garden, from your balcony or in your local park.

How to record your results

- Count the birds for one hour in your garden, from your balcony or local park **between 24 and 26 January 2025**.
- Use the ID chart to tally the total for each bird and then record the number in the boxes below.
- Count the most birds of a particular species you see at any one time. So, if you see a group of eight Starlings, but later see six together, please write down eight as your final count.
- If you don't see any of the birds on the chart, record '0' as your final count – it's important for us to know which birds are 'no shows'.
- Only include birds that land, not those flying over.
- Even if you saw nothing make sure you tell us - it still counts.

Name of bird	Most seen at one time
Blackbird	<input type="text"/>
Blue Tit	<input type="text"/>
Chaffinch	<input type="text"/>
Coal Tit	<input type="text"/>
Collared Dove	<input type="text"/>
Dunnock	<input type="text"/>
Goldfinch	<input type="text"/>
Great Tit	<input type="text"/>
Greenfinch	<input type="text"/>
House Sparrow	<input type="text"/>
Long-tailed Tit	<input type="text"/>
Magpie	<input type="text"/>
Robin	<input type="text"/>
Starling	<input type="text"/>
Woodpigeon	<input type="text"/>
Other birds	<input type="text"/>

Discover more about Birdwatch

You can simply use the chart opposite to take part, but if you would like to know more go to www.rspb.org.uk/birdwatch. You'll find expert advice, tips and features on how to attract birds onto your patch for a busy Birdwatch. And you can share your pics and stories on social media using **#BigGardenBirdWatch**. The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654. BGBW-25

Let's keep in touch on your terms

Thank you for taking action for nature.

We're working hard to do all we can to save it. You can play your own, very important part, which is why we'd love to let you know about the conservation, campaigning, research and fundraising work that we're doing.

If you're happy for the RSPB and RSPB Shop to keep in touch, please let us know how you would like to hear from us:

Post	<input type="checkbox"/> Yes please	<input type="checkbox"/> No thanks
Phone	<input type="checkbox"/> Yes please	<input type="checkbox"/> No thanks
Email	<input type="checkbox"/> Yes please	<input type="checkbox"/> No thanks
Text	<input type="checkbox"/> Yes please	<input type="checkbox"/> No thanks

You're in control. If you'd like to change your choices at a later date, all you have to do is call us on 01767 693680 or go to www.rspb.org.uk/preferences. If you decide to stay in touch, we'll also keep you up to date with news about membership, products, offers and competitions. Your details will be kept safe and secure, only used by us, or those who work for us, and will not be shared with anyone else. We analyse information you provide, and about how you've helped us, to decide what communications will be of interest to you (and so that we can save our resources for conservation work) and to help us understand our supporters. We also use this information to run our charity's operations, e.g. if you place an order or make a donation, we'll need your details to process those. If you would like to know more or understand your data protection rights, please take a look at www.rspb.org.uk/privacypolicy

Please use CAPITAL letters.

Title (Mr, Mrs, Miss, Ms, Mx etc)	<input type="text"/>
First name	<input type="text"/>
Last name	<input type="text"/>
Your address	<input type="text"/>
Town	<input type="text"/>
County/Council area	<input type="text"/>
Postcode	<input type="text"/>
Telephone	<input type="text"/>
Mobile	<input type="text"/>
Email (over 18s only)	<input type="text"/>
Date of birth if under 18	<input type="text"/>
How many people took part?	Adults <input type="text"/> Children <input type="text"/>
If you didn't do your Big Garden Birdwatch at home, where did you do it? Postcode (if different from above)	<input type="text"/>

How to submit your results

When you've done your Birdwatch, go to www.rspb.org.uk/birdwatch and submit your totals using the online results form. **Submit your results by 23 February 2025.**

If you'd rather send us your results by post, send this completed form to us in an envelope addressed **FREEPOST RSPB BIG GARDEN BIRDWATCH** by **18 February 2025**. This is a short address, but it will definitely reach us.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

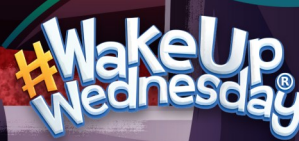
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



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



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**