

NEWSLETTER



Attendance: 94.4%

No 30: 19th May 2023


Mental Health Awareness Week

This week is Mental Health Awareness Week in the UK. Our assembly on Wednesday focused on this year's theme of 'Anxiety'. Mrs Cato shared with the pupils what anxiety is and how this can manifest itself in our minds and bodies. We talked about uncomfortable feelings and how everyone, of all ages, experiences these at times. We explored how to manage these feelings and the importance of seeking help from a trusted adult if we feel overwhelmed by our emotions. This slide, outlining some strategies to manage anxiety, was shared with the pupils. Please talk through this at home with your children so that everyone has the opportunity the talk with trusted adults about the ways we can manage our anxieties.


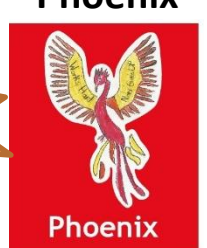


Helpful Strategies

If someone notices they are feeling anxious, there are strategies that can help.

- Recognise and name your feelings
- Find routines and make plans to manage things you are worried about
- Distract yourself with something you enjoy!
- Make a worry box to put your worries in so you're not holding them inside, then read through them with a trusted adult.
- Create a self-soothing box of calming activities or happy memories.
- Be as active as possible by running around or playing a game. This can help us to feel comfortable emotions.
- Focus on the positives. Make a positivity journal to celebrate strengths and reasons to be grateful.
- Use positive self-talk and remind yourself of things that make you special and brilliant.
- Do some calming breathing exercises.



Mr McTaggart - Headteacher

Griffin	Phoenix	Pegasus	Dragon
 <i>Winners!</i> Griffin	 Phoenix	 Pegasus	 Dragon
Points	Points	Points	Points
499	384	490	411
		 	

Next Week

PTA Meeting –
Weds 9am
Non-Pupil day
Friday

Stars of the Week

19th May 2023

Y6	Hannah	Emile	Liam
Y5	Daniel N	Bojidar	Florence
Y4	Grace	Aston + Altin	Kimberley
Y3	Mia	Henry	Joe



PE Next week - no Friday due to Non-Pupil day

Healthy School Morning



On Friday morning, the children worked in mixed-age House groups and took part in 4 different activities based on our Children's Health project areas of improving mental/physical health, healthy nutrition and great lifestyle choices. New foods were tasted (tzatziki, guacamole) as well as new movement games made up. Thank you to Mrs Dutton (PSHE Lead) for designing this morning and to the staff and children for carrying it out so well.



May Half Term Holiday Activity and Food Club
Delivered by Essex Boys and Girls Clubs

Sessions are FREE!

Tuesday 30th May - Thursday 1st June

10am - 2pm

LUNCH PROVIDED

AGES 5 - 13 years *

Basidon
The Beech Community Hub
8 Ashton Rd.,
Basidon, S19 3RZ
* for ages 8-16

Chelmsford
Harway House
Rectory Lane,
Chelmsford, CM1 1RQ

Colchester
The Oaktree Centre
Harwich Road,
Colchester, CO4 3DH

Uttlesford (TAKELEY)
Silver Jubilee Hall
4 Dunmow Road,
Takeley, CM22 6DX

Have FUN | Make FRIENDS | Try NEW FOOD

To Book scan code

or **CALL 01245 264 783**

Priority will be given to young people on benefit based free school meals

For more information please contact Essex Boys and Girls Clubs directly:
01245 264783 or email jamied@essexboysandgirlsclubs.org
Essex Boys and Girls Clubs Harway House, Chelmsford, CM1 1RQ
Tel: 01245 264783 Charity No: 1163658 Web: essexboysandgirlsclubs.org

Future Sessions
Monday - Friday
Monday 2nd July - Friday 25th August

We will be running over the summer!
Bookings will open in JUNE

Playtime Healthy Snacks

As we move into Summer, more fruit should be readily available in the shops. Please encourage your child to bring a healthy snack to school for breaktime. Staff on duty will be looking out to praise and encourage those with snacks (with healthy wrappers) and also those children who use our playground bins. 'Being responsible' as one of our school values includes looking after our environment.



Tel: 01245 467973 <https://barnes-farm-junior.eschools.co.uk>
<https://www.facebook.com/FOBFSPTA> Twitter @barnesfarmjnr



We are a 'Telling' School



Our school is built on relationships and we pride ourselves on developing these strong and nurturing relationships with the children in our care. We are proud of the safe environment and systems that we have developed over many years. One part of this has been the message that we (along with the Infant school) are a 'telling' school. This means that we want children to feel safe and confident to share any good news, worries or concerns that may affect them. This underpins our behaviour policy as well as our safeguarding framework. We teach the children to share any concern with an adult that they trust (parent, carer, grandparent, member of staff, community leader etc) and promote the principle that sharing a concern is an empowering and positive action. We ask that our wider community upholds this too. Every classroom has a 'I wish my teacher knew' box and we also display Childline posters widely. We will take active steps to uphold this principle and challenge where this is being undermined. Regular PSHE lessons and assemblies also reinforce this message so that, together, we can feel safe to share issues that are troubling us and support one another as a result.

Friends of Barnes Farm Schools (PTA)



Thank you to all the parents who signalled an interest in reforming the parent teacher association (Friends of Barnes Farm Schools). There was a good range of responses so we would like to hold a meeting in the Barn at **9am on Wednesday 24th May** to discuss this further. Please come along for a cup of coffee and an opportunity to re-form a committee to oversee a charitable organisation that can support the work of both schools. No experience necessary but bags of enthusiasm!

Learning Passport 2023-2024 Design Competition

DO YOU WANT TO SEE YOUR ART
all over the school on every desk?

ART

Say no more join the
learning passport cover
COMPETITION

must include:
names swim loop
school emblem
the school emblem

Rules:
All paper only
1cm border around edge
Has to include name and class
use pencil or pen
To be used by school council
can design with friends
Has to represent school values
must be handed to school council by Monday 5th of June

By Elsie.H
5L



Ride London Cycle Festival

Come and watch the Ride London Sportive as it passes through Chelmsford and take part in a range of fun free activities.

All activities are free and include:

- PRO BMX demonstrations and workshops on our mobile ramp
- Bouncy castles
- Make your own smoothie with our Smoothie Bikes
- Balance Bikes to try
- Adult Led rides with Maillot Noir Cycling Club - registration essential.
- Writtle University College Performance Lab - come and try, demos and tours
- Dr Bike - servicing and bike maintenance
- Music provided by Hot Box
- Play in the Park - Arts, Crafts and Sports
- Food, Refreshments and Ice Creams

We have limited spaces on our WE RIDE Family Bike Ride . Families can sign up to join the Riders in the Ride London Sportive and for part of the route and be part of this fantastic event.

Sunday May 28th May 2023

10am to 3pm

Writtle College Sports Ground
Fox Burrows Lane Writtle

Accessible via cycle paths from Chelmsford.

Come along on the day or sign up for the We Ride Family Bike Ride and adult led rides at at

www.chelmsford.gov.uk/ridelondon



Community Sport & Wellbeing



Lunch Club Summer Activities 2023

Kids Inspire has an action-packed summer full of activities for children aged 5-11 years old*

Time: 10:00am-1:00pm

- Problem Solving – Tuesday 25 July
- Sublime Science – Tuesday 1 August
- Football Skills – Tuesday 8 August
- Travelling Zoo – Tuesday 15 August
- Taekwondo – Tuesday 22 August
- Bushcraft – Tuesday 29 August

Children can book onto a maximum of two activities.

Food and drink will be supplied.

Scan the QR code to register

All activities will be held at:

Hargrave House
Hollycroft, Great Baddow
CM2 7FW



*Priority will be given to those in receipt of a pupil premium fund.



www.kidsinspire.org.uk

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