

St Barnabas CE Primary School Newsletter

05/09/2025



'Let your light shine'

We're back for a brand-new school year! It has been amazing to welcome our children back to school this week and see them connecting with old friends, making new friends and enjoying their learning. It is an absolute pleasure to stand on the gate every morning and see our children looking so smart with big smiles on their faces, walking into school each morning. I am really impressed with our children's excellent behaviour and focus on getting back to the important task of learning – every child in our school has already 'let their light shine' in many ways this week. A warm welcome to our new families who have joined us in Nursery, Reception and throughout school. We look forward to working closely together with you and celebrating your children's future successes at St Barnabas – I know there will be many!

Have a lovely weekend everyone.
Miss Hodgkinson

HERE ARE SOME OF THE WAYS OUR AMAZING CHILDREN HAVE **'LET THEIR LIGHT SHINE'** THIS WEEK IN SCHOOL...



Water Bottles

Children are asked to bring a bottle to school filled with water which they can drink through the day. Drinking water throughout the day keeps children's brains hydrated and helps them to learn well. Only water is allowed in these bottles, as drinking juice throughout the day causes tooth decay. Children can drink juice with their dinner. If any children persist in bringing juice in their water bottles, parents will be contacted.

Playtime Snacks

We are a healthy school and constantly reinforce with our children that healthy eating and regular exercise lead to positive mental and physical health. Part of this is to educate our children to eat as healthily as possible, as this contributes to future success. The only snacks we allow at playtimes are **toast or fruit**, these can be brought in from home or toast can be purchased via ParentPay. Thank you for your support.

Nut Allergy

Our school is a **nut free zone** as we have children in school with severe allergies. Please do not send any food in packed lunches containing nuts or traces of nuts, including chocolate spread. Thank you.

Dates for your Diary Autumn Half Term 1

Wednesday 17 th September	Y5 Swimming
Friday 19 th September	9 – 11:30am Open morning for families of children starting school in September 2026
Monday 22 nd September	School Photos
Wednesday 24 th September	Y5 Swimming
Thursday 25 th September	9am Harvest Worship led by Y5 Parents of Y5 invited
Tuesday 30 th September	Film Night for children after school 3:15 - 5pm
Wednesday 1 st October	Y5 Swimming
Friday 3 rd October	8:45am Parent Coffee Morning
Tuesday 7 th October	1:30 – 3pm Open afternoon for families of children starting school in September 2026
Monday 13 th – Friday 17 th October	Book Fair in the hall from 3:15pm
Monday 13 th & Tuesday 14 th October	Parents' Evenings for all classes Starbooks Reading Cafe open in the hall from 3:30pm
Friday 24 th October	School closes for half term

School Term Dates 2025 - 2026

Tuesday 2 nd September 2025	School opens for Autumn term
Friday 24 th October 2025	School closes for half term
Monday 3 rd November 2025	School opens
Friday 19 th December 2025	School closes for Christmas break at 1:30pm
Tuesday 6 th January 2026	School opens for Spring term
Friday 13 th February 2026	School closes for half term
Monday 23 rd February 2026	School opens
Thursday 2 nd April 2026	School closes for Easter break
Monday 13 th April	School opens for Summer term
Monday 4 th May	Bank holiday – school closed
Friday 22 nd May	School closes for half term
Monday 8 th June	School opens
Friday 3 rd July 2026	Warrington Walking Day – school closed
Friday 18 th July 2026	School closes for Summer break
Summer Holiday	
Wednesday 2 nd September 2026	School opens for new school year

Our Christian Value for this half term is:

'Creativity

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

This week we pray for all those around the world living in conflict. We pray for peace.

This week's big question is:

What does it mean to be creative?



Start and Finish Times

School opens at **8:40am** and all children should be in school by **8:45am**. Gates are locked at 8:50am and anyone who arrives after this time will need to enter via the school office and be marked as late. At the end of the day, doors open at 3:10pm and all children should be collected by 3:15pm. Being just a few minutes late each day adds up to days of lost learning over a year - **BE ON TIME!**

Starting reception class

If your child was born between 1st September 2021 and 31st August 2022, they are due to start reception class in September 2026. You will need to apply for a place here: <https://www.warrington.gov.uk/primary-school-admissions>

Calling all Jigsaw enthusiasts

St Elphin's, St Barnabas & Holy Trinity Churches invite you to join them at St Elphin's Church, Church Street, Warrington, WA1 2TL for their

Jigsaw Festival

18th - 20th September 2025

Thurs: 4.00 - 8.00pm

Fri: 12.00 - 5.00pm

Sat: 10.00 - 4.00pm



Other Stalls include:

Refreshments

Chocolate Tombola

Knitted goods

Stained Glass

Cake Stall

Jams Stall

Candles



Admission £2.00 includes free raffle
(free re-admission with programme over the 3 days)

This week's guide focuses on mental health and well-being. Stress is something we all feel and for children it can feel very overwhelming. Our guide presents 10 practical strategies to help young people manage stress, in a healthy and balanced manner. It gives tips on noticing early signs, encouraging open conversations, or modelling calm responses.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College