



Barnston Primary School

'a health promoting school'

Headteacher: Mrs.S. J. Pearson B. Ed. NPQH



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MAY 2017 NEWSLETTER

STAFFING

Please find below the set up for September 2017:

Caretaker – Mr Minton
Cleaner – Mrs Longshaw
Office – Mrs Kimpton and Mrs Pilkington a.m. Office hours 8.30-4.30pm
1L – Mrs Lewis/Mrs Hughes
1M – Mrs McElhinney/ /Miss Graham
2D – Mr Dixon/Ms Durn
2J – Miss Jacob/Mrs Collins
2WH – Mrs Woods/Mrs Hill/Mrs Bradley/teaching trainee in final year
2W – Mrs Wright/Mrs Hollywood
3J – Mr Woods/Mrs Culshaw
3W – Mrs While/ Mrs Chance /teaching trainee in final year
3P – Mr Pipe
4B – Mrs Birch/Mrs Bates
4N – Miss Nichols
4E – Mrs Ellis
Languages Mrs Bradley/Mrs Baker (PPA cover in KS2)
Music – Mrs Shuler
Mr Jones – Ace of Sports level 3 UKCC
Mr Edwards – Brass and Keyboard teacher
ACEG music company – Guitar teacher

We are sad that Miss Brown will be leaving us at the end of this half term, as she has gained a job in Chester nearer to home. We thank Miss Brown for all her hard work in giving over and above her duties, taking charge of art projects and Christmas production dances over her years at Barnston - all of us will miss her and wish her all the very best with her future career ambitions.

We also say farewell to Mrs Rogers who will be leaving us on June 9th for a year of maternity leave. This is such a happy and exciting time for Mrs Rogers and although we will miss her, we wish her and the family all the best and look forward to seeing the new baby arrive safely.



We also congratulate Mrs Hughes, 2WH who has gained a teaching post at Poulton Lancelyn and starts after May half term – we thank her for all her hard work whilst at Barnston this year and wish her all the best.

DATES FOR YOUR DIARY

May

19th Open Assembly 9.10 am (changed from 18th due to KS1 SATs)

22nd - 26th Y6 Manor residential

26th – Barnston's Got Talent for summer fair (Y6 will be able to present to SJP when back)

29th -2nd June half term

June

INSET 5th JUNE – children not in

6th - children in

6th - Y2-Y3 transition meeting 3.40 pm

6th - New Intake Parents' Induction Meeting for 2016/17(packs to be given out and meet the teachers) - 6pm

8th Polling day (school closed)

9th - Open Assembly 9.10am

10th - Summer Fair 12.00-3.00pm

12th - Health week

16th Y5 Parent's Manor Evening 6pm

28TH-30TH - Y4 Conway Residential trip

27th - Y4-5 Transition meeting 6pm

29th - F2-Y1 transition meeting 3.40pm

July

6th July Open assembly 9.10 am

7th - Y6 It's a Knockout (Y6 Parents only) 1.30pm

10th July Sports day 9.30 am F2-Y2 and 1.45 Y3-5

10th July Y6 York trip

21ST July 10 am Leavers' assembly

Term finishes 25TH July and restarts 4th September 2017

Y3 SLEEPOVER

Y3 had such a wonderful time on Friday night and they were absolutely brilliant – parents can be so proud of how well they behaved and how polite and well-mannered they all were. Despite the weather, we enjoyed cooking outdoors with the Fun Food Chef and Treasure Hunting around the grounds. Many thanks to all the staff for giving up their time and to Pat Oates for providing the food and healthy cooking lessons on the Friday night.

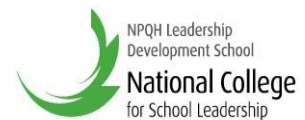


Y6 SATs

I was so proud of all the Y6 children last week and the mature way in which they approached all the SATs tests. One child wrote a letter to their teacher after the SATs saying that they had provided confidence, self-esteem boosts, creativity and a hunger for learning – so much more than can be tested in an exam! I thought it was very apt that the children themselves realise that you have to work within the system set by the government, but how at Barnston, we enjoy and provide so much more opportunities and experiences than a test can show!! Well done Year 6!!

MINDFULNESS INFORMATION FOR PARENTS – please read attached sheet.

Mrs Pearson




Mindfulness for Children (F2,Y1/2)

The children have been enjoying Yoga & Mindfulness classes with Chelsea Canovas from Chrysalis Yoga. The children have been learning ways to become more calm and relaxed. Mindfulness techniques and yoga through storytelling are a wonderful combination of physical activity, using the imagination, and developing brain coordination and improving concentration. The sessions support and strengthen children, not only physically but emotionally by building confidence and emotional resilience helping children to have the tools to manage their emotions. Yoga & Mindfulness for children has been proven in studies to reduce stress, anxiety and improve self-esteem.

When teaching breathing techniques to children, it's important to help them get familiar with their own natural breathing at first. This can be brought into awareness with simple techniques. Children may already be very aware of their breathing - we just need to highlight how important it is and how it can be helpful for them, for example to either calm or bring more energy if tired.

One of the techniques the children have been learning is the 'Take 5' breath. It can be used when the children are feeling excited and need to calm, feeling sad/ angry and want to feel happy, feeling tired and need more energy.

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| 'Take 5' Breaths |  | Instruction: Show me your hand. Close your fingers and then lift up each finger as you breathe in and breathe out SLOWLY and QUIETLY. Breathe in through your nose and out through your mouth. When all of the breaths are done can you do the same on the other side? |
|-----------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Chelsea will be running sessions for parents in the next academic year, so you will be able to experience mindfulness. Dates will be given out in the autumn term and placed on the website calendar.

Mindfulness for Children (Y3/4)

Tommy Tranfield – ex marine has been working with Y3/4 on mindfulness. Their sessions are outdoors and focus on nature, survival and building resilience. **If parents wish to observe any of these sessions, please contact school office, as these will be running in May and June on Wednesday afternoons.**

Mindfulness for Children (Y5/6)

Y5/6 mindfulness sessions are run by Sue from the 'Thumbs up' team. Y5 sessions continue to provide the children with mindfulness activities and strategies that they can use throughout life, whilst the Y6 sessions focus on helping the Y6 cope with transition to High School. Please see some feedback below from the children:

2) How did the programme help you the most?

- "it helped me to be excited for high school"
- "it made me not afraid for high school"
- "the pause button and the sleep techniques were the most useful"
- "it helped me because I learnt more stuff so that has made me get a better mind"
- "it improved my confidence"
- "how to stay calm and be nicer"
- "how to stand up for myself"
- "positive thinking helped me the most, it has helped to stop worrying and feeling sad"
- "with self-esteem and positivity in myself"
- "with life schools and things to do in a bad situation"
- "It helped me a lot and I loved it so much! I learnt so many things and became a different person"