

St Barnabas CE Primary School Newsletter

05/12/2025



'Let your light shine'

This week our St Barnabas Christmas Choir have really let their light shine, filling the air with music and Christmas cheer as they performed in Golden Square shopping centre and the Gateway. We have received many comments from members of the public about their fantastic singing and excellent behaviour. Well done choir.

This week we received some amazing news, Mrs Emmott gave birth to a beautiful baby girl, Lily, on 2nd December. Both mum and baby are doing really well. Congratulations Mrs Emmott and family!

Next week is going to be a really busy week in school – on Tuesday we are honoured to be having a visit from the Bishop of Liverpool, who will be taking part in a special worship and meeting many of our amazing children. Christmas dinner is also taking place next week: for nursery, reception, Y1, Y2 and Y5 on Wednesday and for Y3, Y4 and Y6 on Friday. The children get to have their Christmas dinner in a specially decorated hall, with crackers music and lots of fun. We want all our children to take part in this special occasion, so school will pay for Christmas dinner for ALL children, including those who normally pay for their meal. If children select a meal that day, it will NOT be charged.

On Friday we have our annual St Roccas Reindeer Run, where we have lots of fun whilst raising money for an amazing charity, followed by Christmas discos after school... it's going to be a busy but fun time!

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...



Be on time!

Being on time to school every day is **REALLY IMPORTANT**. Children who are late miss vital learning and are picking up bad habits that could affect their future employability. Being just a few minutes late each day builds up to large amounts of lost learning over a school year. If your child is late twice within a 2-week period, you will be contacted to discuss how we can support you to get to school on time.

Minutes late per day	Days of lost learning in a year
5 minutes	3 ½ days
10 minutes	7 days
15 minutes	10 days

Local Authority Attendance Update

The Local Authority will now be issuing fines (fixed term penalty notices) for parents who take children on holidays during term time. The link below will take you to the LA webpage containing information about penalty notices:

[School attendance | warrington.gov.uk](https://warrington.gov.uk/school-attendance)

Meet and Greet

Don't forget, if you have any issues in the morning or at the end of the day, a member of staff will be outside for you! We have staff available every morning and afternoon at each entrance gate – we can help you with any issues you may have, no matter how small. Please come for a chat if you need to.

Places in St Barnabas Nursery Available

We are now accepting applications for places in our nursery for January 2025.

Please ask the school office for an application form or to make an appointment to look around.

We can also assist with 2-year-old funding applications.

Our Christian Value for this half term is:

'Responsibility'

This week we pray for all those who have lost loved ones.

This week's big question is:

What or who helps us to be responsible?



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>



Packed Lunch ideas

A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/> and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Love to dip? - cut up pitta bread or veg sticks to have with a dip.
- Use pastry cutters to cut funny shaped sandwiches.
- Protect your fruit by putting it in a small plastic container.

Some **GREAT** ideas for upping the veg content in your lunchboxes can be found via <https://simplyveg.org.uk/lunchboxes>

Road safety



Road Safety

We have had a number of complaints regarding inconsiderate and dangerous parking. We appreciate how difficult drop off and pick up times can be but we must stress the importance of road safety – this includes safe parking and safe driving.

We have painted yellow zig zag road markings outside school for a very good reason: *the safety of our pupils*. You must not park or stop even for a moment on these markings.

Any car stopped or parked in this restricted area can hide small children who are about to cross the road. The children may not see approaching cars and approaching motorists may not see the children.

Please do not stop in the middle of the road to let out your children.

Thank you for your support.

Naughty Elves & Reindeer Onesie

We have had some naughty elves arrive at school over the weekend and they are up to their usual mischief!

This year they are dressing up in reindeer onesies and trotting around school.



If you would like to help us out by adopting an elf please come to the office where they are on sale for £3.50 and the reindeer onesies can be bought for £2.50.



GRAND CHRISTMAS RAFFLE

8th December 2025

Prizes

- 1st Prize Fire Stick, Smart Watch and Ear Pods
- 2nd Prize Pamper Hamper
- 3rd Prize Pokémon Bundle

Plus many other prizes including...

- *Harry Potter Bundle * Star Wars Bundle * Mini Exercise Bike *
- *Retro Dance Mat * Karaoke Set * Cocomelon Toy*
- *Monsters Inc. Soft Toy * Handbag and Purse * Tickle Me Elmo *
- *Monster Snap Toy * Alcohol Bundle * Curlimal Toy * Golf Game *
- * Power Ranger Toy * Mechanics Build Toy * RC Dinosaur *
- *Board Games/Jigsaw Bundle * 2 x Board Games Bundles *
- * Jewellery Bundle * Car Transporter & Cars * Games Bundle *
- * Huge Nursery Toy Bundle * K'Nex Toy * Barbie Book & Toy *
- *Candle & Salt /Pepper Set * Buzz Lightyear Figurines *
- * Ty Beanie Fox * Chocolate Bundle * 5 x Pokémon Cards *
- * 10 x Free Child Tickets to Gulliver's World (with paying adult) *

Tickets available at just £1 each on ParentPay or from the School Office



Rec, Y1 & Y2 Disco

Friday 12th December

3.15 – 4.30pm

£4 – includes a snack, drink
& party bag



Key Stage 2 Disco

Friday 12th December

4.45 – 6pm

£3 – includes snack & drink
Sweets & glow sticks available to buy

Our guide this week gives tips on how to support children in dealing with upsetting content. Our children live in an age where they can access news, images and videos at the click of a button. Some of this content can be distressing for children, so our guide assists adults in helping young people process any negative emotions they may be feeling.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-567006> | <https://www.chinain.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.eurofor.com/news/how-to-talk-your-children-about-conflict-and-war>

NOS National Online Safety®
#WakeUpWednesday

THE CHILDREN'S
**ADVENTURE
FARM**
TRUST

SELECTION BOX APPEAL 2025

This year CAFT will bring festive magic to 3,700 ill, disabled & socially disadvantaged children.

Bring a sweet smile to a child's face this Christmas by joining our Selection Box Appeal. Please donate your Selection Boxes by 3rd December.



OR DONATE HERE & WE'LL DO THE SHOPPING FOR YOU!

or visit caft.co.uk




helen@caft.co.uk 01565 830 053 Charity No: 1003675



OPEN DOOR CAFE THIS CHRISTMAS

9-11 DECEMBER 6:30-8PM
at **RELENTLESS CHURCH**
WAS1AJ

**FREE FOOD
HOT DRINKS
FUN & GAMES**

HO HO HO!  St Joseph's Family Centre

St Barnabas Christmas Holiday Activity Club

Monday 22nd & Tuesday 23rd December
And
Monday 29th & Tuesday 30th December
10am to 2pm

Our Christmas Holiday Club will be run by Dawn and Lauren from St Joseph's Family Centre (you may remember them from previous clubs).

Please visit www.eequ.org to book your place for your child.

Holiday Club Booking Instructions

Follow this link to the new booking system www.eequ.org

- At the top right of the screen click "Join for Free" in the orange box.
- Enter your email address and choose a memorable password – you will need to make a note of this as you will need it for future HAF Club bookings.
- You will be sent an email to verify your email address and must do this before you can move on to book the club.
- Once you have registered click on the box at the top left of the screen called "HAF".
- Scroll down the list on the right-hand side and select Warrington Borough Council.
- Search for St Joseph's @ St Barnabas Primary School from the list of clubs
- Click on the photo (as above) and then click the green "Book" button at the bottom right-hand side of the screen.
- Click "Select Dates".



- Choose the dates you would like your child to attend and click "Book" at the bottom of the screen.
- You will need to enter the details for all children you are booking for so please click the "New Child Attendee" button and add their first name, last name and date of birth, then click "Save Child Attendee". You need to do this for each child you are wanting to attend.
- Once you have added your child(ren) you need to select them and then click the green "Next" button at the bottom of the screen.
- Next you will need to complete all their medical and dietary details along with any permissions and other information e.g., SEN, disability, etc.
- Click "Next"
- Click "Request Booking"
- You will then receive an email saying that your booking request has been sent to the council for approval.
- You should then get another email once the booking has been confirmed.

St Barnabas *Countdown to Christmas*

Monday 8 th December, 3:15pm	Starbooks Christmas Cafe and Christmas shop
Wednesday 10 th December	Nursery, Reception, 1, 2, 5 Christmas Dinner
Wednesday 10 th December – Thursday 11 th December	Christmas shop open at lunchtimes
Thursday 11 th December, 9:15am	Y2 Nativity Performance for parents Christmas shop open
Thursday 11 th December, 2:30pm	Y4 Keyboard Concert
Friday 12 th December	St Rocco's Reindeer Run and Christmas Jumper Day
Friday 12 th December	Y3,4, & 6 Christmas dinner
Friday 12 th December	Christmas Disco: Reception & KS1 3:15 – 4:30pm KS2: 4:45 - 6pm
Monday 15 th December	Little Movers Family Christmas Parties for Nursery and Reception
Monday 15 th December, 3:30pm	Christingle Service in St Barnabas Church
Wednesday 17 th December	Christmas Party Day!
Thursday 18 th December	Whole school trip to Children's Adventure Farm Trust Winter Wonderland
Friday 19 th December	Elf Day!
Friday 19 th December	School closes for Christmas break at 1:30pm
Tuesday 6 th January	School opens