

St Barnabas CE Primary School Newsletter

24/04/2026



'Let your light shine'



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



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](http://www.warrington.gov.uk)

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>

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.



May Rugby Camp

TUESDAY	WEDNESDAY	THURSDAY
12 LOOKING FORWARD TO CAMP	13	14
19	20	21 GETTING EXCITED
26 HOLIDAY CAMP	27 HOLIDAY CAMP	28

8:15 - 15:00, DROP OFF 8:15 - 9:15
PARK ROAD PRIMARY SCHOOL, WROXHAM ROAD, WA5 3EF

SPACES ARE LIMITED SO BE SURE TO BOOK EARLY TO AVOID MISSING OUT!
PRICE: £50 FOR BOTH DAYS

WHAT TO EXPECT:
VISITS FROM FIRST TEAM PLAYERS
VISITS FROM WOLFIE
OPTION OF CONTACT & TAG RUGBY
FREE PLAY
STAR OF THE DAY

FR Registered with SUBSIDARIES REGULATOR
Registered Charity 110734

Our Christian Value for this half term is:

'Courage'

"Be strong and courageous. Do not be afraid, for the Lord your God will be with you wherever you go."

Joshua 1:9

This week we pray to ask you to give us the courage to do the right thing, not the easy thing.

This week's big question is:
What helps give us courage?



ST BARNABAS CHURCH

SPRING FAIR

Saturday May 2nd

12- 2pm

in church

Stalls include:

Tombola ~ Cakes ~ Bric a Brac
Raffle ~ Gifts ~ Jigsaws & Books
Poke a Pot ~ Jewellery ~ Refreshments

Everyone Welcome



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.

Free Online Safety Parent Workshop – Thursday 30th April 7pm

Warrington Local Authority are totally committed to the digital safety and wellbeing of their students. As part of this, we are running a workshop dedicated to helping parents understand the risks their children face in their online lives and the practical things parents can do to help.

Please join us for this hour-long workshop in which Ruth Noble, Digital Safeguarding Education Specialist will provide you with lots of valuable insights and tools.

Including:

- Information on the latest apps and games your child may have access to.
- The harmful content your child may be exposed to.
- How you can help your child to safely navigate online risk.
- How to access our FREE [Online Safety Hub](#) with dedicated guidance for parents.
- An introduction to a parental app that allows you to control what your child sees online if they are at risk, plus other important features.

We hope to see you there, please use the link to register for your free place [Webinar Registration - Zoom](#)

Our guide examines how image altering filters can influence perceptions of beauty and reality, particularly for children and young people navigating social media. It highlights how filtered content can quietly shape expectations and online behaviours. Focusing on risks such as low self-esteem, social pressure and hidden advertising, the guide also addresses more serious concerns like sexualised edits and blurred boundaries between real and altered images.

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.

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parveen Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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Apprenticeship Opportunities with HMS

Housing Maintenance Solutions (HMS) is launching a recruitment campaign for **30 apprenticeship opportunities** across a wide range of roles, including **Business Administration, Site Management, and skilled trades** such as electrician, plumber, joiner, bricklayer, painter & decorator, plasterer, plus **Greenspace and Retrofit**.

HMS will also be hosting **careers fairs and open evenings**, giving prospective applicants the chance to learn more about the roles, application process and future career pathways.

Upcoming Careers Fairs:

- **15 April 2026** – Halliwell Jones Stadium, Warrington (4.30–7.00pm)
- **21 April 2026** – BrewDog Stadium, St Helens (4.30–7.00pm)

These opportunities are ideal for individuals looking to start or progress their careers through an apprenticeship route. Registration is available via Eventbrite.

Fundraiser

Some of our pupils are members of Warrington Starlights Dance team. The team have made starlight history and won a bid to compete internationally for the first time ever! This is an amazing opportunity but also very expensive, so Lola's mum is busy fundraising for the trip.

She is making personalised sunglasses and shirts for signing, which are ideal for school leavers.

If you would like to buy any of the items, contact Clair Taylor on 07443987967.

Sunglasses	£3.50
Shirts	£7.50
Sunglasses & shirt	£10



Have your say about raising young children in Warrington

We want to hear from parents and carers of children aged 5 and under about what it's like to raise young children in Warrington.

The survey is anonymous, takes around 5–10 minutes, and asks three simple questions about:

- what works well for young children and families in Warrington
- what feels difficult or not so good
- what would help make Warrington a better place for young children to grow up

Your views will help Warrington Borough Council understand what matters most to families and improve local services, spaces and support for young children.

📱 Scan the QR code below or use the web link to take part.

<https://www.smartsurvey.co.uk/s/growingupinwarringtonparents/>



Dates for your Diary

Wednesday 29 th April	Y4 swimming
Monday 4 th May	Bank holiday: school closed
Wednesday 6 th May	Y4 swimming
Friday 8 th May	Warrington Guardian taking Y6 leavers' photo
Monday 11 th – Thursday 14 th May	KS2 SATs Week – Y6 pupils
Wednesday 13 th May	Y4 swimming
Monday 18 th – Tuesday 19 th May	Y6 residential to Forest Camp
Wednesday 20 th May	Y4 swimming
Friday 22 nd May	School closes for Whit break
Monday 8 th June	School opens