



Barty Bugle

30TH JANUARY 2026

MESSAGE FROM THE TEAM

Dear St Bartholomew's community,

Learning Update

Our **Little Acorns** have had a wonderful week continuing their work on The Three Little Pigs. They have been recognising, counting, and subitising the number 3, as well as exploring the idea of belonging in RE. The children also enjoyed using paintbrushes to practise writing numbers, combining creativity with number formation.

In **Acorn Class**, the children have been busy with their focus text The Comet, and many have started writing their own versions of the story, showcasing brilliant imagination. In maths, they have been exploring 2D and 3D shapes, discussing their properties and testing which shapes can roll.

Science has been especially fun this week as we explored our five senses, including a smell test where children had to guess different scents. In PSHE, we learned about emergencies and what to do if one happens.

This week in **Oak Class**, our Year 3 children have started to learn about right angles, in maths, and understand that these can be represented as a quarter turn. Meanwhile, Year 4 and 5 have started to look at perimeter and understand how the perimeter of a shape can be measured. We have continued our story of Frindleswylde this week in English and the children have enjoyed getting into role as our story's villain as they prepare a persuasive speech that will convince Cora to stay.

In DT, Oak class have been exploring different types of bread and how they might be used day to day, while in Science we have started to look at eating a balanced diet and how different types of food help our bodies to stay healthy - the children were left with rumbling tummies after all our talk of food!

We are finishing off this week's newsletter with a very special celebration!

We are absolutely delighted to share some wonderful news...Miss Mellor is getting married this Saturday!

We wish her a joyful, magical wedding day filled with love, laughter, and unforgettable memories. When she returns to school on Monday, she will be joining us as Mrs Gibson! Please join us in sending her all our warmest congratulations and best wishes for her special day.

Have a great weekend!

Team Barty

ATTENDANCE

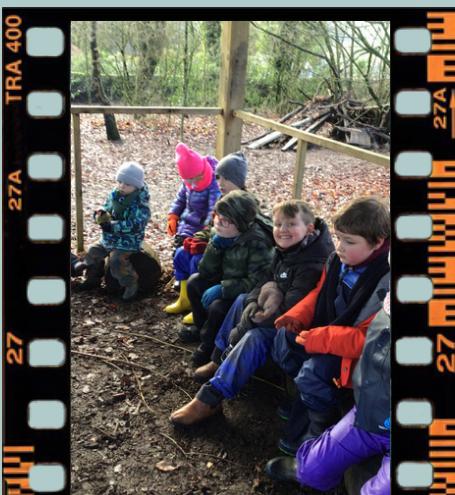
National Target: 95%

School Attendance: 98.8%

School Value for this half term

COURAGE





WEEKLY AWARDS

WELL DONE TO ALL OF THIS WEEK'S AWARD WINNERS!



MENU



Autumn/Winter 2025-26

WEEK ONE

MONDAY

Margherita Pizza with Jacket Wedges (V)
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Chocolate & Vanilla Swirl Cookie (ve)

TUESDAY

Classic Mac & Cheese
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Apple Cake (v)

WEDNESDAY

Roast of the Day with Roasties & Gravy
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Fruit Jelly (ve)

THURSDAY

Homestyle Sausage Roll with Mash & Gravy
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Flapjack (ve)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Banana Custard Ice Cream (v)

01/09/25, 22/09/25, 13/10/25, 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26

WEEK TWO

Margherita Pizza with Jacket Wedges (V)
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Vanilla Snap (ve)

Italian Sausage Pasta Bake
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Jaffa Cake Sponge (v)

Roast of the Day with Roasties & Gravy
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Fruit Jelly (ve)

Cottage Pie
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Flapjack (ve)

Fish Fingers or Salmon Fish Fingers with Chips
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Banana Custard Ice Cream (v)

08/09/25, 29/09/25, 20/10/25, 10/11/25, 01/12/25, 12/01/26

WEEK THREE

Margherita Pizza with Jacket Wedges (V)
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Lemon Biscuit (ve)

Sausage with Mash & Gravy
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Daty Apple & Rhubarb Crumble with custard (v)

Roast of the Day with Roasties & Gravy
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Fruit Jelly (ve)

Penne with Beef Bolognaise
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Choco Krispie Bite(ve)

Fish Fingers or Salmon Fish Fingers with Chips
Alt: Choice of Filled Jackets or Sandwiches
Veg of the Day
Banana Custard Ice Cream (v)

15/09/25, 06/10/25, 17/11/25, 08/12/25, 19/01/26, 09/02/26

V – Vegetarian
ve – Vegan

Freshly baked bread, salad, and fresh drinking water available daily

Week commencing 26th January we will be on week one of the menu

DATES FOR YOUR DIARY

These are the dates that we have planned in at the moment - please keep an eye out each week for new dates and any changes. Items in **bold** have been added since the last news letter.

- 16th to 20th February - Half term break
- 23rd February - Change to Spring/Summer menu (see below)
- 5th March - World Book Day
- 30th March to 10th April - Easter break
- 4th May - Early May Bank holiday
- 25th May to 29th May - Half term break
- 1st June - Inset day (school closed to children)



SPRING/SUMMER MENU (From 23rd February)



Spring / Summer 2025-26



WEEK ONE
WEEK TWO
WEEK THREE

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

Margherita Pizza with Jacket Wedges (V)
Veg of the Day
Chocolate & Vanilla Swirl Cookie (Ve)
Margherita Pizza with Jacket Wedges (V)
Veg of the Day
Vanilla Snap (Ve)
Margherita Pizza with Jacket Wedges (V)
Veg of the Day
Lemon Biscuit (Ve)

Classic Mac & Cheese (V)
Veg of the Day
Cinnamon Apple Cake (V)
Spring Turkey Bow Tie Pasta
Veg of the Day
Flapjack (Ve)
Sausage with Mash & Gravy
Veg of the Day
Choco Krispie Bite (Ve)

Roast of the Day with Roasties & Gravy
Veg of the Day
Fruity Jelly (Ve)
Roast of the Day with Roasties & Gravy
Veg of the Day
Fruity Jelly (Ve)
Roast of the Day with Roasties & Gravy
Veg of the Day
Fruity Jelly (Ve)

Homestyle Sausage Roll with Mash & Gravy
Veg of the Day
Banana-Topped Strawberry Mousse (V)
Chicken Stir-Fry Rice
Veg of the Day
Banana-Topped Strawberry Mousse (V)
Penne with Beef Bolognese
Veg of the Day
Banana-Topped Strawberry Mousse (V)

Fish Fingers or Salmon Fish Fingers with Chips
Veg of the Day
Chocolate Brownie (Ve)
Fish Fingers or Salmon Fish Fingers with Chips
Veg of the Day
Chocolate Brownie (Ve)
Fish Fingers or Salmon Fish Fingers with Chips
Veg of the Day
Chocolate Brownie (Ve)

23/2/26, 16/3/26, 6/4/26, 27/4/26,
18/5/26, 8/6/26, 29/6/26
2/3/26, 23/3/26, 13/4/26, 4/5/26,
25/5/26, 15/6/26, 6/7/26
9/3/26, 30/3/26, 20/4/26, 11/5/26,
1/6/26, 22/6/26, 13/7/26

Choice of Filled Jacket Potatoes and Sandwiches (including V/Ve options)

are also available daily along with freshly baked bread, salad, fresh fruit, jelly (Ve), yoghurts (V) and fresh drinking water.




V - Vegetarian
Ve - Vegan

SAFEGUARDING

#WakeUpWednesday from The National College aims to equip every trusted adult with the knowledge and skills they need to keep up with the latest information, implement best practice and heighten their awareness of issues around three core topics; online safety, mental health & wellbeing; and climate change & sustainability.

This week's topic is focused on Mental Health Misinformation Online

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 MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos on these platforms frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can lead to unnecessary self-treatment, delay, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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.

The National College®

#WakeUpWednesday

Healthy Relationships



Click to complete
a Family Hub
Referral Form

Free 3 week course

Do you ever worry about the atmosphere in your home? We all argue sometimes. Whether that's with our partners, our parents or other family members. Life stresses can put strain on families, leading to conflicts which can impact on children's mental health and long-term outcomes. This free course has been designed to help you find ways to improve your relationships and get on better. Remember, you don't see your arguments. Your kids do.



Booking required through referral only. Please complete a **'Family Hub Referral Form'** to book your space.



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COMMUNITY

Forest Friends – Outdoor Stay & Play

 **Monday 2nd February - 10:30am to 12pm**

Hosted by Staffordshire Wildlife Trust at St Bartholomew's Primary Forest School

Come and join us in the beautiful Staffordshire Moorlands for our Forest Friends outdoor stay-and-play session!

We'll be exploring the wonders of nature through forest-school-style activities, following curiosity and imagination as we play, learn, and discover together.

Each month brings new adventures, which might include:  Hammock swinging  Mud play
 Nature crafts  Campfire drinks or snacks

This session is most suitable for pre-school children, but babies and children aged 5–7 are very welcome too. As sessions are outdoors, please make sure everyone dresses appropriately for the weather.



Forest Friends
Outdoor stay and play
St Bartholomew's Primary School,
Longnor, SK17 0NZ

Following the Forest School ethos
we'll use nature as our guide and
see where our curiosity leads us as
we play and explore outdoors!

First Monday of the month
10.30am - 12pm

6th October
3rd November
1st December
5th January
2nd February

Free but Booking Essential

For more info and to book visit
www.staffs-wildlife.org.uk/events


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Photo by Jacob Lund




Free thanks to funding from The Staffordshire Freemasons
For more details contact getwild@staffs-wildlife.org.uk