



Barlestone C of E Primary School

Spring Term 2 Newsletter 14/03/25



News from Mrs Murray

Parents' evening week was a great success, and it was wonderful to see so many parents visiting the school. The Relish taster event also went well, and we hope to host it again in the future!

Next week, we will have the Book Fair, where children can bring their £1 book vouchers to either contribute towards the purchase of a book or to buy one of the special £1 books. The fair will take place in the hall from 3:15 PM to 4 PM, Monday through Thursday. In addition to the Book Fair, the PTA will be serving hot drinks and cakes, and children will have the opportunity to design a bookmark to accompany their new book. We encourage everyone to come out and support this event. The PTA have asked for donations of cakes/biscuits etc. If you would like to donate please bring them to the school office thank you

Alongside the Book Fair, Year 2's Portrait Gallery will be showcased in the library as part of the Rise Charter program, which involves all year groups across the Rise schools participating in a collaborative project.

Additionally, next week marks the installation of our new play equipment, which has everyone excited! This will be set up on the field near the EYFS building, so please be cautious while moving around the school and avoid that area during the installation process. WOW!! its a busy week next week

Important Dates

17/3/25 - 20/3/25	Book Fair in School & PTA Tea and Cakes
17/3/25	NEW!! Playground Installation
2/4/25	2pm Year 3&5 Easter Production
2/4/25	5.30pm Year 3&5 Easter Production
4/4/25	No Uniform Day in exchange for donation towards the chocolate bingo event
7/4/25	Whole School Visit to Church for Easter Service
9/4/25	PTA Chocolate Bingo
11/4/25	Break for Easter Holidays Return to School 28/4/25

Kindly review the consents available on Arbor and determine if you wish to grant your permission for photos. It's important to read these thoroughly, as they contain specific details.

If you anticipate arriving late to school in the morning because of a medical appointment, please make sure to pre-order your child's meal selection.

WORLD BOOK DAY





Barlestone C of E Primary School



Introducing Our Exciting New Play Equipment!

Please be careful when entering and exiting the school premises, especially at the back gate, next week. New equipment installation will begin on Monday.



The Kielder Forest Circuit

The Bowfell climbing frame



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®



Barlestone C of E Primary School



Healthy Together



Leicester Partnership NHS offer services to help families with children aged 0-11 a link to the website can be found [here](#)



Be In SCHOOL Be On TIME

School opens

@ 8.40am

If your child arrives after 9.05am they will get a late mark. After 9.15am they will be classed as unauthorised absence.

Please put your child's name in their uniform. We can not return uniform that does not have a name in it or be held responsible for your child's uniform.



It is illegal to park on zigzag lines outside of schools. Please park sensibly

We are a nut free school, and we have children with severe allergies! Please be mindful of what your child's food contains. This does include chocolate spreads and cereal bars which can contain nuts.



How to Contact School

- Email – office@barlestone.risemat.co.uk
- Call – 01455 290511

Please use these two methods for contacting school, this guarantees your message will get through and dealt with promptly. School email address is regularly monitored unlike the Arbor in app messaging service.

These past few weeks we have discussed RESPECT and what that means for us and how we can show it towards others



Collective Worship