



Dear Parents / Carers / Guardians

Well, we are finally at the end of what seems like a very long, challenging and eventful year. As the school year closes, we don't wish to dwell on the negatives but look forward to the positives and new challenges that September will bring. St Bartholomew's has much to be proud of and we will continue to let our light shine and be the best that we can possibly be in the years to come.

I look forward to welcoming our year 6's back in September and to seeing them flourish in their new roles. I have no doubt that they will bring fantastic ideas, enthusiasm and a freshness to the important responsibilities that they now hold.

Our new reception children will probably be very nervous about stepping into such a new environment with many bigger children around them, but I am confident that the children and staff will welcome them with open arms, support them and guide them, with love and kindness as they begin their new adventure.

To our wonderful Year 6, who are moving on to their secondary schools, you are full of life, fun, kind and I know that you will have the most incredible time as you start your new schools. Go forward with bravery, kindness and the desire to try many new things. Find your passions, make new friends and shine in all that you do. We wish you the very best of luck for your futures.

I would like to thank all our parents and families for their continued support over the last year. Thank you for your help at events, messages of encouragement and your kindness. We hope that the work that we will continue to do over the next year will help you to be proud of us and to keep your faith in us.

To my incredible staff team – each and every one of you – THANK YOU! I don't believe there is a team anywhere else in the world with so much dedication, selflessness, grit and determination. Thank you for all that you have done and continue to do. St Bartholomew's would not be the same without you. I hope that you have a wonderful and well-deserved summer holiday.

Until September, when we will continue to shine our light in all that we do, have a happy, safe and fun-filled break and we look forward to seeing you at the start of our new school year.

Take care  
Miss Ingle

When nothing works in the face of  
uncertainty, we forge ahead,  
Navigating obstacles with unwavering  
tread.  
Even in despair, hope remains ablaze,  
Igniting a fire that never sways.  
With courage as our compass,  
we forge our way,  
Inspired by a spirit that cannot be swayed.  
Against all odds, we rise from defeat,  
Unyielding determination,  
our strongest beat.  
Through storms and challenges,  
we steadfastly strive,  
Destined to triumph,  
our spirits thrive.  
For even when all seems lost and gone,  
We persevere,  
our resilience shining on and forever.

## Roles & Responsibilities for 2024-25:

Head Girl:	Lyla	Head Boy:	Harry
Deputy Head Girl:	Ella-Rose	Deputy Head Boy:	Felix
Sports Captain:	Charlie	Sports Captain:	Leah
Curriculum Council:	Caryna	School Council:	Caryna
Eagles Team Captain:	Bladen	Digital Lead:	Joshua
Harriers Team Captain:	Lottie	Librarian:	Lewis
Falcons Team Captain:	Arlya	Librarian:	Emily-Ann
Hawks Team Captain:	Willow		

# School News

## Trophy Winners 2023-24

Academic Most Improved:	Tommy-Lee
Overall Academic Achievement KS1:	Lola
Overall Academic Achievement KS2:	Evie-Mae
Academic Achievement—Science:	Rhys
Academic Achievement—Arts:	Esme G
Academic Achievement—Music:	Gracie I
Academic Achievement—Sports:	Harry
FanTasTic (values):	Finley
Reading:	Felix
Reception Superstar:	Sienna (Yr R)
Knight Kindness:	Florrie (Yr 2)



## Attendance Winner of the Week:

Palm Class are the attendance winners of the week!

## Attendance Winner of the Term

Congratulations to Finley for winning the attendance for term 6 voucher.



## Attendance Winner of 2023-24:

Palm Class are the attendance winners of the year!

## Team Point Champions—Term 6:

**Green Team** are the team point champions for term 6 and have earned a non-uniform day on **Tuesday 10th September 2024**.

## Team Point Champions— 2023-24

**Green Team** are the overall team point champions for 2023-2024.

**Sports Day:** Sports Day was a mighty success again this year. The weather was beautiful and it was wonderful to see so many of our families supporting the children. Falcons (Blue Team) won the event this year by one point in a closely fought battle with Eagles (Yellow Team) on the track. We would like to thank Mrs Thomas, Mrs Ingle and Mrs Staniford for supporting us with the scoring on the day. A huge congratulations to all the children who tried their best, competed beautifully and supported their friends throughout the afternoon.



**Elite Sports Tournaments:** A huge thank you to Mr Tidswell and Mr Stickland from ESA for the fabulous events we have been able to attend this year. Our children are always the best ambassadors for our school and try so very hard. Many thanks to parents for support with transport.

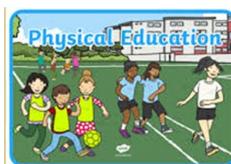
**Rounders:** What a fantastic time our Rounders Club have had playing together and competing against other schools this term. They have developed so many new skills and we look forward to working with them again next year. We would like to thank Mrs Barnard for all her help and support with coaching. We also must thank the parents for cheering on our team and for donating a new set of rounders bats to St Bart's — they have made a the world of difference.

## Indoor PE Timetable for Term 1 2024-25:

Wednesday: Nightingale

Thursday: Darwin

Friday: Franklin



## SWIMMING PE Timetable for Term 1:

Monday: Nightingale

Tuesday: Darwin

Thursday: Franklin

**Safeguarding:** Safeguarding is our top priority here at St Bart's and we would like to take this opportunity to remind you about the safeguarding information that is available on our website. The safeguarding tab includes a range of information about safeguarding in school, safeguarding at home and a list of useful contacts if you require advice and support. Please also see the safeguarding and child protection policy for further information about how we safeguard children and staff in school.

**Term 1 Breakfast Club:** Bookings for attending our Breakfast club can be made via ParentMail up until the Tuesday of the week before. After this day, please contact the school office.

**Term 1 After School Clubs:** The following clubs take place during term 1 and can be booked via ParentMail up until the Tuesday of the week before. After this day, please contact the school office. These clubs are free and run by staff/parents. The clubs on offer must be booked even if they are free. Clubs available during term 1 are:

**Monday—Year 4, 5 & 6 Netball (Miss Cox)**

**Friday — Chess Year 3, 4, 5, 6 (Mrs Willerton)**

Childcare is also available in school every day from 3.15pm until 5pm. You are able to book sessions from 3.15pm to 4pm, 3.15pm to 5pm, or 4pm to 5pm if your child is attending a free club first. Please be aware that if parents/carers/guardians are more than 10 minutes late collecting from after school clubs at 4pm there will be a charge of a full hour, per child, childcare cost. We have a school mobile for afterschool care. The number is: **07396725986**. It will be turned off during the school day. It will only be available for parents who have children attending afterschool care during afterschool care hours. For all other queries, please contact the school office.

**Governors:** Being involved with a school seems to always make time go so quickly as events hit the calendar week by week. I'm not just over the 3<sup>rd</sup> year of being chair of governors and we have had another full, difficult but rewarding year. The governing body has a new member this year, Mr Willetts and we also said goodbye to Lisa Thomas. I was lucky enough this year to accompany the year 6's on their residential trip to YHA Castleton in Derbyshire. It was amazing to see everyone develop over the couple of days, especially completing the abseiling activity where it really challenged everyone (young and old!) to try and overcome their fears. It really was a fantastic couple of days and I hope to be able to join the new year 6's next year for their activities.



This year, maybe more than any other, we have been faced with some large challenges. Finances have been really tough and setting a very tight budget is limiting our choices, but we hope that we will very soon come out of the other side and return back to four classes. We have also had an Ofsted visit where, although we were disappointed with the result, they did identify many things we are doing really well. We are already actioning a plan to address the areas the inspection saw as areas for improvement. St Bartholomew's is a fantastic school and one I am immensely proud to represent as chair of governors, if I still had children of primary age I would happily have them attend the school to enjoy the smaller school family experience. Miss Ingle and the whole St Bart's team are extremely dedicated in moving the school forward to where it needs to be, and I have no doubt that in a couple of years time, we will be in a very different situation through their commitment, care and hard work; we are very lucky to have this staff team.

All that remains is for me to wish you a truly fantastic summer holiday with your families, hopefully filled with laughter, fun and I hope a trip or two to the beach! I thank everyone involved with the schools life, for their time, efforts and commitment over another year, teachers, office staff, support staff, lunchtime supervisors, cleaners, caretakers, governors and any volunteers that collectively make 'St Bart's Light Shine'.

Best wishes, Phil Callow – Chair of Governors

**Transport:** If your child is starting primary school or transferring to secondary school in September 2024 they may be eligible for school transport. If you think your child is eligible please apply for transport as soon as you can. Early transport applications are encouraged to ensure that transport is in place in time for the start of the September term. Applications can be made online at [www.lincolnshire.gov.uk/school-college-transport](http://www.lincolnshire.gov.uk/school-college-transport) or a telephone application can be made by contacting the Customer Service Centre on 01522 782020. Queries can be emailed to [schooltransportapplications@lincolnshire.gov.uk](mailto:schooltransportapplications@lincolnshire.gov.uk).

## Reading Rocks Club:

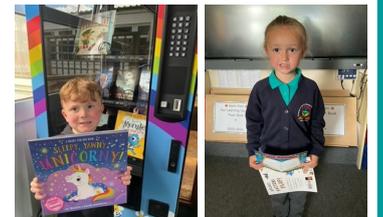
This term has flown by! I cannot believe that we are now at the end of our school year. I have been running the school library now for two and a half years and I'm extremely proud of the progress the children have made in school with reading and the amount of 'reading for pleasure' we have seen in and out of school. The library is constantly used, not just for changing books but for lessons too. Apple class have enjoyed a few trips to the library this term, it was lovely to see the year 1's reading to the whole class last week.



Reading rocks was opened to the whole school this term. The librarians and myself set up in Apple class's outdoor area. It was lovely to see many children from across the school popping to see us to share books with each other. I would also like to take this opportunity to thank my incredible librarians. They have worked tirelessly in the library with me making sure it's always tidy, stamping, logging, grading new books and organising activities for club on Fridays. I would have been lost without them this year so a HUGE thank you to Josie, Molly S and Lacey-Mae for all your help. You have been true librarian stars and I will miss you in September!



Well done to everyone that has won a coin this term, we are all very proud of you. ☆ Congratulations to Oak class who have collected the most Golden Tickets this term! Please come and see me for a Golden Coin for the vending machine ☆

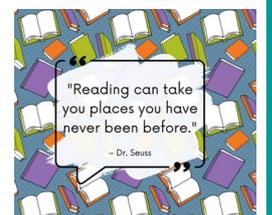


This summer Spalding Library are running lots of different activities for children ages 4-11. Please click on the link for more details: <https://www.better.org.uk/library/news/be-a-marvellous-maker-this-summer-with-lincolnshire-libraries>.

**'Be a Marvellous Maker this summer with Lincolnshire Libraries'** This summer, children aged 4-11 can visit Lincolnshire Libraries across the county to join the free 'Marvellous Makers' Summer Reading Challenge, firing up their imaginations through the power of reading and creative expression. Running from Saturday 6th July to Saturday 7th September, this year's Challenge celebrates kids' creativity and storytelling abilities. Children will be encouraged to explore new books and stories while taking part in free activities, from arts and crafts to music and more.

Wishing you all safe and wonderful summer. Please take time out to relax and read a good book! I look forward to hearing all about your summer adventures in September.

Mrs Szydłowski



**Shine Shop:** The Shine Shop was opened today. The children thoroughly enjoyed adding up their shines, choosing what they wanted and spending them this morning. Lots of children saved their shines for next time. Thank you to the PTA for supplying most of the stock for the children to choose from.



**Hindu festival of Colour:** On Wednesday 5<sup>th</sup> June, we welcomed Kalpesh Patel from K'zDanceUK to St Bart's and what a day we had! We thoroughly enjoyed the Hindu / Bollywood themed workshop where the whole school learnt different dances and demonstrated great enthusiasm throughout the day whilst developing their physical activity through a new skill and celebrating diversity. The performance to parents was simply fabulous, with some joining us too. We then celebrated the Holi Festival (The Hindu Festival of Colour) by taking part in a wonderful colour splash at the end of the day.



**PTFA News:** Thank you to everyone who helped and/or attended our Summer Fair; we raised £454.

The funds raised this year have paid for stock for the Shine Shop, the Year 6 Leavers Hoodies and the residential minibus amongst other things.

**Easy Fundraising** is a great source of funds for the school which could raise £££s for the PTFA. A range of retailers, holiday companies, Ebay, Tesco and many more donate a percentage of money spent when parents / carers / guardians spend money. It costs the consumer absolutely nothing at all. Parents / carers / guardians need to click on the easy fundraising link:

<https://www.easyfundraising.org.uk/panel/>

- Register an email and password
- Nominate your cause
- Download a reminder tool to browser so when purchases are made through a partner a reminder is sent.

Make the purchase and a percentage goes to St Barts!

£74.28 raised in the last quarter



## St Bartholomew's Church News:

**Thirsty on a Thursday:** The Church is open every Thursday between 9.30—11am for you to drop in any time for tea/coffee and a chat.

**Village Show: 7th September 2024** (see flyer for more details)

**Tractor Run:** (tbc)

**WEST PINCHBECK VILLAGE SHOW**

**7<sup>TH</sup> SEPTEMBER, 2024**

**IN**

**THE VILLAGE HALL, SIX HOUSE BANK**

**OPEN 3.30PM TO 5.00PM**

**REFRESHMENTS RAFFLE**

**Entries accepted 9.30am – 12 noon.**

**ENTRY FEE—25P PER ITEM**

**CHILDREN'S SECTION ONLY—FREE**

**£5.00 CASH PRIZE TO CUP WINNERS**

## Apple Class:

Wow, I cannot believe we have reached the end of the year, and what a year it has been. Apple Class have learnt an incredible amount and it has been amazing to see them grow in confidence, as well as form some wonderful friendships. The children have become independent learners who are keen to explore and learn about new things. This year, we have learnt about transport, space, the seaside, the farm, seasons and weather, our families and much much more! They have particularly enjoyed playing in our giant outdoor boat this term, to support our seaside topic.

Last week was assessment week and the results reflected just how much effort the children have put in this year. I was blown away with the results, especially the common exception word spelling test check. The children have worked so hard at home with their spellings and all their hard work has paid off. The Year 1 children achieved well in the government Phonics Screening Check. The results were included in the end of year reports that were sent home last week. Thank you to all parents for your support at home with reading real words and nonsense words, in preparation for the Phonics test.

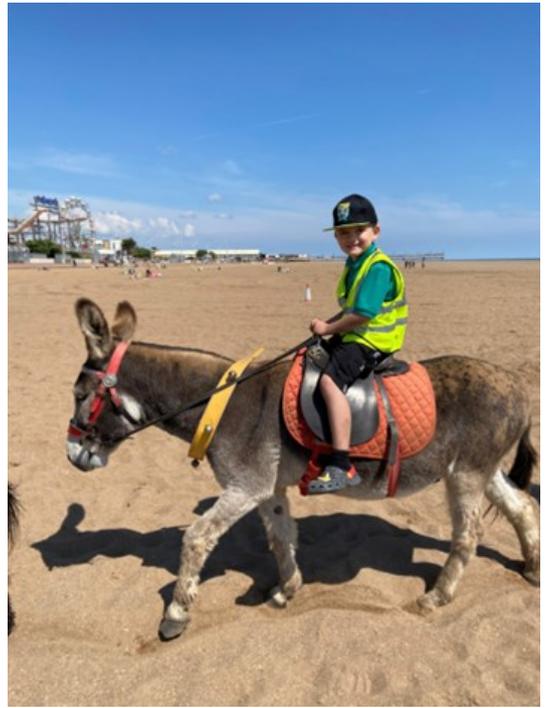
In History this term, we compared beaches of today, to beaches from the past. In order to support this learning, Apple Class went on a trip to Skegness beach. The trip allowed us to look at the similarities and differences in real life. The children played on the sand, fetched water, had a donkey ride, had an ice cream and enjoyed a beach picnic with their packed lunches and the healthy snacks they prepared in DT the previous day. The children even met the lifeguard on duty! In Science, we have taken part in many experiments to develop our scientific enquiry skills. One of the experiments was to use water and washing up liquid and find the best ratio of ingredients to create the biggest bubble snake. The children had fun experimenting with the measures and seeing who could create the biggest bubble snake.

I would like to say a massive thank you to all of Apple Class children for trying their best this year and showing such enthusiasm to learn. Also, a huge thank you to all parents who have supported their children during their time in Apple Class and helped them make such amazing progress.

In September, Mrs Elwes will be leaving Apple Class and moving into Darwin class. She has been a very special part of Apple Class this year and we will miss her loads! Thank you Mrs Elwes and good luck in your new class.

We wish you all a wonderful summer and we will see you in September.

Miss Cannon, Mrs S, Mrs Elwes and Mrs Morris





## Palm Class:

We have had a wonderful summer term in Palm Class and you have been a joy to teach; you have shone so brightly in all that they have done.

During science we investigated habitats, discovered microhabitats in our own school, learnt the seven life processes, created food chains, and looked at how animals and plants work together to make their habitats successful. The children were very enthusiastic – especially bug hunting!

PSHE looked at keeping healthy and Palm Class showed broad knowledge on foods and exercise that will help us to stay fit and well. Well done Palm Class!

In PE we had sports day, swimming, and athletics. I honestly believe that all the children used to be fish as they are so at home in the water! We have some super speedy, fantastic jumping, long distance throwers in the class and they have all excelled during our lessons this term.

Reading the children's writing this term has been an absolute pleasure. Their imaginations, desire to improve and wonderful vocabulary have been exceptional, and I am so proud of their writing development over the year. Their stories on Lights on Cotton Rock, swept me away and I did not want to put them down!

Through maths we investigated angles, shape, time, fractions, problem-solved and re-visited learning daily. The children's resilience and determination to crack codes, find solutions and be the first to calculate an answer mentally has been incredible.

Palm's art simply blows me away. From weaving to printing to sketching and collage, the children have created exceptional pieces that show skill development, knowledge of technique and individual flair. Super job Palm Class!

French has made me smile every lesson. The children's pronunciation, memory and excitement for French has been delightful.

During RE, we have researched pilgrimages, acted out following a path and where it may take us and learnt how different religions express their beliefs. The children have approached all lessons with kindness, respect, and genuine inquisitiveness.

We also had a wonderful trip to Lincoln Cathedral. It was such a lovely day and incredibly special to get to spend such quality time with an amazing class of children.

In Art and Design, we have continued to explore textiles from dying fabric with natural dyes, to experimenting in different ways to join yarns: weaving sunflowers, plaiting, fraying, knotting and sewing. The children used all these skills to create a Mixed Media Collage of a Lincolnshire scene.

Palm Class, you have been so amazing to teach. Thank you for making us laugh, for your hugs, your little letters, and your hard work throughout the year. We have all loved teaching you and hope that you have a wonderful summer holiday.

We cannot wait to see you again in September!

Take care.

Miss Ingle, Mrs Amatt and Miss Illingworth



**Oak Class:** We have made it, it is the end of the academic year, and what a year it has been in Oak Class! We are so incredibly proud of each and every child that has demonstrated resilience, determination and perseverance to achieve, succeed, be the best that they can be and truly shine their light on all those around them.



We have had such a fabulous final term and have shared so many different adventures together. Learning in the classroom has consisted of exploring more about the Anglo Saxon's and how they invaded England, further developing our knowledge of fractions, decimals, percentages, shapes and position and direction, to exploring the concept of pilgrimage across different world religions. The children have really committed themselves to their learning and have developed their knowledge and understanding.

Swimming is always a hugely anticipated part of each week in Oak Class, and we have been exceptionally proud of the progress all of the children have made, from those who are perfecting their technique, and working especially hard on specific elements of their stroke, to those who have been brave enough to take their feet off the bottom of the pool and put their faces in the water. The determination and drive to succeed has been an absolute delight to see!

Joseph and his Technicolour Dreamcoat has to be one of my personal highlights of this term, and to see Oak Class shine alongside Willow Class as they took part in the end of year production was an absolute joy. The learning of lines, lyrics and actions – we definitely have some stars in our midst!

Many of the children in Oak Class have once again demonstrated excellent commitment to all aspects of wider school life, most notably the football, netball and rounders teams. They have also participated in many tournaments run by ESA over the course of the year. As always, their teamwork, perseverance and dedication are second to none. The children have been superb ambassadors for our small but mighty school and always put their best foot forwards. Well done each and every one of you!

The children have had the best time this academic year and have made so much progress. Their love and enthusiasm for learning, drive and determination to be successful and being an active part of our school community, making a difference and bringing light to others around them, is simply infectious.

I would like to personally thank all of the Oak Class parents and carers for your unwavering support this academic year, as always, it means such a lot.

As we move into the new academic year, we look forward to new challenges and becoming Franklin Class as Year 5 and 6s.

Wishing you all a relaxing, safe and happy summer break.

Miss Cox, Mrs Thorley and Miss Stead



**Willow Class:** I think it is fair to say that one of the main events for Year 6 this year was the residential visit to Castleton. The children had an amazing time and demonstrated such courage and resilience. Year 6 encouraged each other when the going got tough and they worked really well as a team.



Year 6 together with Oak Class also did a fantastic job of acting and singing in the production of Joseph and the Technicolor Dreamcoat. The children had many words to learn and lots of songs and they all did this with a great attitude. The final performances for parents were fabulous and I was so proud of them all as were all the staff involved. Many thanks to all of those parents who attended the performances. I hope you enjoyed your ice-cream! Well done.



Year 6 have also been busy preparing for their final Leavers Service through writing their memories and deciding on the order of how they wish to say goodbye. It is a milestone moment and one that they will hopefully remember forever! We all wish you the very best Year 6. You are all awesome!



Goodbye Year 6 and Good Luck!  
Love from Mrs Davison, Mrs Peach and Miss Illingworth

## Up and Coming Events

- 4.9.24 Beginning of Term 1
- 3.10.24 Individual & Family photos
- 8.10.24 Darwin trip to Milton Estate
- 11.10.24 Nightingale trip to The Inkpot
- 18.10.24 End of Term 1
- 29.10.24 Flu Vaccinations (Yr R-6)

## Pencil Cases:



School holidays are a good time to ask your child if they need any of their stationery for their pencil cases replenishing. Please be aware that children use their glue sticks in most lessons and therefore they run out frequently.

## Term Dates 2024-25

- Term 1: 4th Sept—18th Oct 2024
- Term 2: 29th Oct—19th Dec 2024
- Term 3: 6th Jan—14th Feb 2025
- Term 4: 24th Feb—4th April 2025
- Term 5: 23rd April— 23rd May 2025
- Term 6: 2nd June—22nd July 2025

## Flu Vaccinations:

A letter has been sent to all parents/carers/guardians of Reception to Year 5 children via ParentMail regarding the annual flu vaccinations. The vaccinations, which are in the form of a nasal spray, will be administered during Term 1 to those children whose parents/carers/guardians have given consent. Please click on the following link to complete the online form indicating if you **give or do not give** consent for your child to receive this vaccination. Please enter the school code: **EE120551**.

<https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/childrens-services/immunisations/seasonal-flu-vaccination-programme>.

## Helping the Environment:

**Clothing Recycling:** Our clothes recycling container is situated in the bike shed. If you wish to use it and the gates are locked, please let the school office know and a member of staff will open the gates for you. This facility is available term time only between 8.30am and 3.30pm. Your donations need to be deposited in a bag, however, please can we ask that you do not leave bags by the locked gates. This is a community facility and therefore is available for the wider community to use.

**Battery Collection:** Remember to bring in your used batteries (AAA, AA, C, D) for recycling. You can return your battery box or use the big battery collection box in the bike shed.

**Ink Cartridges:** Remember to bring in your used ink cartridges and place them in the box in the bike shed. Please note toner and laser cartridges are not accepted as part of the programme.

## Health Care Plans 2024-25:

If you have previously completed a Health Care Plan for your child then a new form is available, via ParentMail, for you to complete for 2024-25. If you feel your child requires a Health Care Plan, please contact the school office and a form can be made available for you to complete. Please remember to send medicines/ inhalers in to school on Wednesday 4th September 2024.

## Home School Agreement 2024-25:

Please complete our annual Home School Agreement form, via ParentMail.

## Guitar Lessons:

We are looking into providing guitar lessons for years 3-6 to start in the autumn term during the school day. If you are interested, please complete the form via ParentMail.

## Parent Mail App:

The App is available for Android 4.4 devices and above and Apple iOS 8 and above devices. To download the App, simply visit the App store on your phone, and search "ParentMail". Please note, you must be registered to use the ParentMail App – you can register on a browser from the email or text registration invitation you have been sent. In order to download the PMX App you will need iOS 7.0 or higher.



# School Meals:

Menus for term 1 are available to order via the Willoughby Foods Ltd website [www.willoughby-foods.co.uk](http://www.willoughby-foods.co.uk). Reception and KS1 parents/carers/guardians must order meals directly from Willoughby Foods Ltd to take up the Universal Infant Free School Meal (UIFSM) offer. Children entitled to Free School Meals (FSM) will be ordered an option 1 main meal and an option 1 pudding unless parents log on and amend. **The order deadline for ordering for term 1 week 1 is midnight on Tuesday 27th August 2024.** If you haven't ordered meals by this date, please remember to send your child with a packed lunch as the meals delivered to school are the number that are ordered, therefore there are no spare meals available. Menus are available to view on the school website.



### Lunch Menu w/c 4th September '24

WEDNESDAY	THURSDAY	Emergency Services Day
Meatballs in a Homemade Tomato Sauce, Rigatoni & Garlic Bread	Cheese & Tomato Pasta, Potato Wedges & Ketchup	Outback! Fish Stars, Potato Frits, Peas & Ketchup
Hygiene Station for Reception, Year 1, 2, 3, 4, 5 & 6	Vegetable Fries, Potato Wedges & Ketchup	Peas, Veggie Burgers, Potato Frits, Peas & Ketchup
Cheese Sandwich, Vegetable Sticks, Yoghurt & Fruit	Chicken Sandwich, Cucumber Slices, Bread, Apricots & a Homemade Muffin	Parade! Non-Vegetarian Hot, Crunchy Vegetable Sticks, Biscuits & Fruit
Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Fire Service Jacket Potato with Meat, Hot Fajita Mayonnaise, Beans & Cheese
Arctic Roll or Fruit	Homemade Banana Loaf or Fruit	Lollipop Day! Lollipop or Fruit

### Lunch Menu w/c 9th September '24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Bolognaise, Rice, Green Beans & Peas	Build a Burger	Roast Chicken, Potatoes, Carrots & Jewels and Of Gravy	Creamy Cheese Topped Pasta, Broccoli & Garlic Bread	Fish Fingers, Creamy Mashed Potatoes & Beans
Quorn Bolognaise, Rice, Green Beans & Peas	Build a Vegetarian Burger	Cheese & Onion Lettuce, Potatoes, Carrots & Jewels and Of Gravy	Cauliflower, Cheese, Broccoli & Crusty Bread	Vegetarian Muffin, Creamy Mashed Potatoes & Beans
Cheese Sandwich, Cherry Tomatoes, Homemade Muffin & Fruit	Ham Wrap, Cucumber Slices, Muffin & Fruit	Ham Baguette, Carrot Sticks, Shortbread & Fruit	Tuna & Mayonnaise Sandwich, Cucumber Slices, Jelly & a Piece of Fruit	Cream Cheese Bagel, Vegetable Sides, Yoghurt & Fruit
Jacket Potato with Cheese	Jacket Potato with Meatballs	Jacket Potato with Traditional Bolognaise	Jacket Potato with Beans	Jacket Potato with Chunky Colislaw
Fruity Jelly or Fruit	Crunchy Fruit Yoghurt or Fruit	Homemade Chocolate Cake with Butter Cream Topping or Fruit	Fruit Crumble with Custard or Fruit	Homemade Cookies or Fruit

### Lunch Menu w/c 16th September '24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunchy Chicken, Rice, Peas, Carrots & Sweetcorn	Cheese & Tomato Pizza, Baby Potatoes & Bread	Lamb/mince, Spaghetti, Meatballs, Mixed Vegetables & Of Gravy	Traditional Lasagne, Biscuits & Crusty Bread	Fish Chips, Crispy Potatoes, Peas & Ketchup
Crunchy Quorn, Rice, Peas, Carrots & Sweetcorn	Vegetable Pizzas, Baby Potatoes & Beans	Vegetarian Sausage, Meatballs, Mixed Vegetables & Of Gravy	Vegetable & Lentil Lasagne, Biscuits & Crusty Bread	Vegetarian Muffin, Potato Frits, Peas & Ketchup
Ham Sandwich, Cherry Tomatoes, No Valley Yoghurt & Fruit	Chicken Sandwich, Crunchy Vegetable Sticks, Homemade Muffin & Bread	Cheese Sandwich, Vegetable Sticks, Homemade Muffin & Bread	Egg Mayonnaise Sandwich, Crunchy Vegetable Sticks, No Valley Yoghurt & Fruit	Cheese & Onion Lettuce, Crunchy Vegetable Sticks, Fruit, Peas & Ketchup
Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Traditional Bolognaise	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise & Sweetcorn
Arctic Roll or Fruit	Butter Shortbread & Fresh Orange Slice or Fruit	Homemade Chocolate Marble Cake or Fruit	Yes Valley Yoghurt or Fruit	Waffles or Fruit

### Lunch Menu w/c 23rd September '24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken, Rice & Carrots	Traditional Meatballs in Tomato Sauce, Pasta Sprays & Green Beans	Roast Pork, Potatoes, Cabbage, Carrots & Of Gravy	Minced Beef & Pork in a Soft Taco, Rice & Cucumber Slices	Fish Fingers, Crispy Cube Potatoes, Peas & Ketchup
Sweet & Sour Quorn, Rice & Carrots	Vegetarian Meatballs in Tomato Sauce, Pasta Sprays & Green Beans	Cheese Topped Pasta, Carrots & Cabbage	Minced Quorn in a Soft Taco, Rice & Cucumber Slices	Vegetarian Sausage, Crispy Cube Potatoes, Peas & Ketchup
Ham Sandwich, Cherry Tomatoes, Homemade Muffin & Fruit	Sausage Roll, Crunchy Vegetable Sticks, Yoghurt & Fruit	Cheese Sandwich, Crunchy Vegetable Sticks, No Valley Yoghurt & Fruit	Egg Mayonnaise Sandwich, Vegetable Sticks, Homemade Biscuits, Muffin & Bread	Cheese Sandwich, Crunchy Vegetable Sticks, Homemade Muffin & Bread
Jacket Potato with Beans	Jacket Potato with Cheese & Sweetcorn	Jacket Potato with Tuna Mayonnaise & Sweetcorn	Jacket Potato with Cheese	Jacket Potato with Chunky Chicken
Yoghurt or Fruit	Fruit Salad or Fruit	Cookie or Fruit	Homemade Carrot Cake or Fruit	Fruit Crumble & Custard or Fruit

### Lunch Menu w/c 30th September '24

MONDAY	TUESDAY	WEDNESDAY	SpongeBob Day	FRIDAY
Tomato & Basil Pasta with Breadcrumbs	Vegetable Fingers, Fish Brown Puffin, Peas & Ketchup	Roast Chicken, Potatoes, Mixed Vegetables and Of Gravy	Slava Burger in a Bun, Squidward Salad & Mr Krabs Ketchup	Potatoes, Creamy Mashed Potatoes & Beans
Vegetables in Tomato Sauce with Pasta Sprays & Breadcrumbs	Cheese, Vegetable & Mashed Potatoes Pie with Peas & Ketchup	Quorn Fillet, Potatoes, Mixed Vegetables and Of Gravy	Slava Burger Vegetarian Burger in a Bun with Squidward Salad & Mr Krabs Ketchup	Vegetarian Sausage, Crunchy Mashed Potatoes & Beans
Cheese Sandwich, Cherry Tomatoes, No Valley Yoghurt & an Apple	Chicken Wrap, Cucumber Slices, Yoghurt & Shortbread	Ham Sandwich, Vegetable Sticks, Homemade Muffin & Fruit	Cheese & Cucumber Bagel, Salsima & a SpongeBob Square Cookie	Tuna Mayonnaise Roll, Cucumber Slices, Bread, Apricots & a Homemade Muffin
Jacket Potato with Beans	Jacket Potato with Vegetable & Chickpea Curry	Jacket Potato with Traditional Bolognaise	Jacket Potato with Beans	Jacket Potato with Peas & Traffic Lights
Butter Shortbread & Fresh Orange Slice or Fruit	Homemade Fruit Sponge & Custard or Fruit	Crunchy Fruit Yoghurt or Fruit	SpongeBob Square Cookie or Fruit	Homemade Banana Loaf or Fruit

### Lunch Menu w/c 7th October '24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable & Chickpea Curry, Rice, Breadcrumbs & Bean Bread	Chicken Nuggets, Herby Diced Potatoes & Beans	Traditional Lasagne, Roast Potatoes and Peas & Crusty Bread	Cheese & Tomato Pizza, Potato Wedges & Mini Corn on the Cob	Fish Star, Baby New Potatoes, Sweetcorn & Ketchup
Stuffed Mushroom, Rice, Broccoli & Naan Bread	Cheese & Onion Parry, Herby Diced Potatoes & Beans	Vegetable & Lentil Lasagne, Green Beans and Peas & Crusty Bread	Vegetable Pizza, Potato Wedges & Mini Corn on the Cob	Cheese Topped Crispy Potato Sides with Sweetcorn & Ketchup
Ham Sandwich, Cherry Tomatoes, Homemade Muffin & Fruit	Cream Cheese & Cucumber Bagel, Homemade Muffin & Fruit	Ham Baguette, Cherry Tomatoes, Jelly & a Piece of Fruit	Cheese Sandwich, Cherry Tomatoes, No Valley Yoghurt & an Apple	Cheese Sandwich, Crunchy Vegetable Sticks, Yoghurt & Gingerbread Man
Jacket Potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Homemade Crunchy Colislaw	Jacket Potato with Sweet & Sour Chicken
Fruity Jelly or Fruit	Arctic Roll or Fruit	Apple Sponge & Custard or Fruit	Homemade Carrot Cake or Fruit	Yoghurt or Fruit

### Lunch Menu w/c 14th October '24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Bolognaise, Rice, Peas & Crusty Bread	Creamy Cheese Topped Tomato Pasta, Broccoli & Garlic Bread	Roast Pork, Potatoes, Mixed Vegetables & Of Gravy	Chicken Burger in a Bread Roll, Corn on the Cob & Ketchup	Fish Shapes, Crispy Cube Potatoes & Beans
Vegetables in a Homemade Tomato Sauce, Rice, Peas & Crusty Bread	Cheese Topped Potato Sides, Broccoli & Garlic Bread	Quorn Fillet, Potatoes, Mixed Vegetables & Of Gravy	Vegetarian Burger in a Bread Roll, Corn on the Cob & Ketchup	Vegetable Muffin, Crispy Cube Potatoes & Beans
Ham Sandwich, Cherry Tomatoes, Homemade Muffin & Fruit	Tuna Mayonnaise Roll, Crunchy Vegetable Sticks, Yoghurt & Shortbread	Egg Mayonnaise Sandwich, Cucumber Slices, Cupcake & Fruit	Sausage Roll, Carrot Sticks, Shortbread & Fruit	Cheese Sandwich, Vegetable Sticks, Fruit, Peas & Gingerbread Man
Jacket Potato with Cheese & Beans	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Sausage & Beans	Jacket Potato with Tuna Mayonnaise
Homemade Honey Loaf or Fruit	Peasappie Omelette Down Cake with Custard or Fruit	Butter Shortbread & Orange Slice or Fruit	Banana Trifle or Fruit	No Valley Yoghurt or Fruit

**Free School Meals:** To apply for Free School meals please see the 'about' page on our school website where you will find a link as well as a step by step guide to the application process.

**Cool Milk:** Our school milk scheme is administered by Cool Milk. To register your child for school milk, please visit <https://www.coolmilk.com/register>.

**School Website:** Our school website can be found at [www.stbartholomews.lincs.sch.uk](http://www.stbartholomews.lincs.sch.uk) where you will find lots of information about the school, upcoming events, newsletters, learning links, school lunch menus.



**St Bartholomew's School Facebook Page:** Our school Facebook page is very popular! We have 235 likes and 304 followers. Please make sure you give us a like and a follow to keep up to date with news and activities in school.



**Class X Pages:** Please look at the school's 'X' and class pages on the school website ([www.stbartholomews.lincs.sch.uk](http://www.stbartholomews.lincs.sch.uk)) which showcases the children's learning in and out of school, alternatively follow your class page via 'X'. Please feel free to leave a comment!



**WillowClass@StBarts**

**MrsDavison@stbarts**

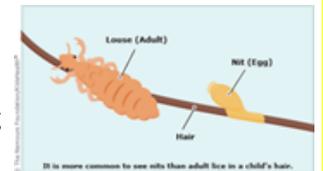
**MrsSzyd@stbarts**

**PalmClass@StBarts**

**@ClassPalm**

**AppleClass@StBarts**

**Headlice:** Please take this opportunity to check your child's hair for headlice and treat as necessary. A whole school 'attack' on this common nuisance can be very effective when carried out over a period of time when the school is closed. We rely on parents vigilance and their commitment to checking for and treating headlice in order for outbreaks in school to be reduced. Going forward, please help us to reduce outbreaks of this common nuisance in school.



**Attendance:** All schools are expected to keep their attendance over 96%. This term we have dropped to 95%. If you need any help with attendance, please come and speak to us as we will help in any way that we can. Dr Chris Whitty released this statement via the DfE: *"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."*



**Children return to school on  
Wednesday 4th September 2024**

*Best wishes  
Miss Sophie Ingle, Head Teacher*

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

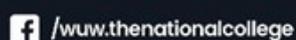
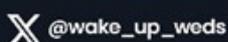
Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

### Meet Our Expert

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



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# FOOTBALL FUN DAY

Pinchbeck East Primary  
Fennell Rd, Pinchbeck, PE11 3RP

**MONDAY 29TH JULY**  
10AM TILL 3PM  
AGES 4 - 11

CHILDREN NEED:  
TRAINERS, PACKED LUNCH, DRINK

**£15**  
PER SESSION

FOR INFO, EMAIL: [INFO@ELITESPORTSACADEMY.CO.UK](mailto:INFO@ELITESPORTSACADEMY.CO.UK)

# FOOTBALL FUN DAY

Pinchbeck East Primary  
Fennell Rd, Pinchbeck, PE11 3RP

**MONDAY 12TH AUGUST**  
10AM TILL 3PM  
AGES 4 - 11

CHILDREN NEED:  
TRAINERS, PACKED LUNCH, DRINK

**£15**  
PER SESSION

FOR INFO, EMAIL: [INFO@ELITESPORTSACADEMY.CO.UK](mailto:INFO@ELITESPORTSACADEMY.CO.UK)

**WHACKY WATER WEEK**  
@ Monkshouse Primary School  
Pennygate, Spalding PE11 1LG

**£20** per day  
Add **£4.50** for extra-time per day  
Bring your own water pistol!

**9am till 3pm**  
Extra-time = 3 till 4pm  
Wednesday 24th - Friday 26th July

FOR INFO, PLEASE CONTACT: [INFO@ELITESPORTSACADEMY.CO.UK](mailto:INFO@ELITESPORTSACADEMY.CO.UK)

ELITE SPORTS ACADEMY PRESENTS

# SUMMER SPORTS CAMP

**MONDAY 29TH JULY - FRIDAY 2ND AUGUST**  
**MONDAY 5TH AUGUST - FRIDAY 9TH AUGUST**  
**MONDAY 19TH AUGUST - FRIDAY 23RD AUGUST**

@ WYGATE PARK ACADEMY  
WYTHAM RD SPALDING PE11 3WT

**9AM TILL 3PM - £20 PER DAY**  
**FOR EXTRA TIME (3 TILL 4PM) ADD £4.50 PER DAY**  
AGES 4 - 11  
PLEASE BRING PACKED LUNCH AND A DRINK

BOOK ONLINE AT: [WWW.ELITESPORTSACADEMY.CO.UK](http://WWW.ELITESPORTSACADEMY.CO.UK)