



St Bartholomew's CE Primary School



"Let your light shine"

News in school

31.1.25

Dear Parents, Carers and Guardians,

Upper KS2 Hygiene

Darwin and Franklin are hitting the stages of puberty where body odour changes, they sweat more and naturally produce stronger bodily odours. Children are welcome to use roll on deodorant in school before and after PE and we have discussed healthy body hygiene, toileting and washing routines. Please do continue to encourage your children to take regular showers and use deodorant. We ask that no aerosols are used to limit the effects on our school members who have asthma.

Class Photos – change of date

Please be aware that class photos will now be taken on **Thursday 6th February 2025** during the school morning. Your child will be included in these photos unless you inform the office otherwise.

Balance Bikeability

Dahl class have loved learning how to ride a balance bike this week. During the sessions they have learnt about the parts of a bike, the importance of being safe and how to make sure their helmet fits correctly. They have listened well to instructions and were very courteous when having to wait for other riders. By the end of the two-day session all the children could ride their bike with control around the obstacle course. We are very proud of the progress they have made in just 2 days!

Pharmacy First

Please take a look at the attached letter and flyer which promotes the Pharmacy First service. Pharmacy First offers free and confidential advice for minor illnesses such as coughs, colds and eye infections. If appropriate, they can also provide treatment without a prescription for seven common conditions.

Take care
Miss Ingle

Bible verse of the week

God, you know those things in my heart that I barely dare to hope for, today I give them to you, I trust them to you, and ask that you, because I know that you can, do more than I could ever guess, imagine or request in wildest dreams (Eph 3:20). God, you are my hope and I trust you.
Amen.

School worship

‘There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.’

Galatians 3:28

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.

Snowdrop Weekend: Date to be confirmed. Wander round the Snowdrops in the churchyard. Refreshments in church. For more information: Wendy 01775 640296

Shrove Tuesday: Pancakes in the Village Hall on Tuesday 4th March, 3-6pm. Further details to follow: For more information: Wendy 01775 640296

Attendance winner of the week

Nightingale Class are the attendance winners for w/c 20.1.25 and have won a trip to the park with Gerald during playtime one day next week.

Every child that has 100% for the week during term 2 had their name put into a ‘virtual hat’ and one was picked at random by an online spinner at the beginning of this week. Congratulations to Owen who was our Term 2 winner and won a £15 All4One voucher.

Your child will be bringing home their Termly Attendance Summary letter today. This letter informs you of their termly attendance percentage, as well as the number of lates and unauthorised lates received during term 2 and Year to Date. As high attendance remains a priority for the school, we will continue to closely monitor absence levels during the school year, and we will contact those where concerns arise.

Celebrated this week in Collective Worship

W/E 31.1.25	Fantastic Award	Excellence Award
Dahl		
Nightingale		
Darwin		
Franklin		

Any Other Information/Reminders

SEND Coffee Morning

Mrs Peach will be holding a SEND Café on Friday 7th February 1.45pm until 2.40pm. Any parents of children on the SEND Register are welcome to attend.

Severe Weather/Snow Closure

In the event of severe weather, we will always strive to ensure that the school remains open, but in the event that extreme weather conditions necessitate the closure of the school we will advise you of this in a number of ways. We will notify parents via email via ParentMail, update the school website and advise Lincs FM and BBC Lincolnshire radio stations so listen out to their broadcasts or log onto their websites. We will also post a message on the school's Facebook page.

Book Wish List

We are constantly trying to update our school Library so the child have the opportunity to read new and exciting books. With this in mind, Mrs Szydowski has sourced a 'Book Wish List'. It has been created by our local book shop 'Bookmark' in Spalding. They have been extremely kind and made an area on their website where you can click on a book and purchase it online and have also offered us a discount. We felt it was not only important to purchase new books for our children but also support a local small business. When a few books have been purchased they will then contact Mrs Szydowski to go and collect them. If you feel you would like to purchase a book for our Library, or know someone that would like to, then please follow this link:

<https://uk.bookshop.org/lists/st-bartholomew-s-ce-primary-school-wishlist?>



Bookmark have informed us that if you select a book from our list on their website and buy via the website then a delivery cost will be added. If you see a book you would like to purchase please email them directly or call the shop. They will then have the books delivered to the shop for free and it will be collected from them.

Health Care Plans

In order that we can provide the necessary care required to those children who have on-going health care needs, we require parents to complete a 'Health Care Plan' form via ParentMail. This document is used to detail the on-going health issues and, if applicable, the medication that each child requires. If you haven't done so already and your child has health care needs, please complete the form via ParentMail. Thank you to those parents who have already completed their child's Health Care Plan.

PE Timetable Term 3:

	Indoor PE	Outdoor PE
Dahl	Wednesday	Monday
Nightingale	Monday	Wednesday
Darwin	Wednesday	Tuesday
Franklin	Friday	Thursday

Attendance

All schools are expected to keep their attendance over 96%, and our Year to Date attendance sits at 96.09%. 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."*

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

"From the first day of term to the last, the small moments in a school day make a real difference to your child.
#AttendanceCounts"

Attendance

Supporting you to understand the new rules



A National Framework for Penalty Notices for school absences, including unauthorised leave of absences in Term Time, is being introduced following changes to the law. These new government regulations will come into effect from 19th August 2024.

What are these changes?

If a pupil has **10 unauthorised sessions**, which is equal to **5 school days**, within a **10 week period**, a penalty notice may be issued.

This will come under 3 categories: First, Second, and Third offence.

First Offence

The first time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child if paid within **28 days**, reduced to **£80** per parent, per child if paid within **21 days**.

Second Offence

The second time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child to be paid within **28 days**. No reduced rate will be offered.

Third offence and any further offences (within 3 years)

The third time an offence is committed for Term Time leave or unauthorised absences a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates Court.

Magistrates' fines can be up to £2500 per parent, per child. Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

For any further inquiries about school attendance please visit:
www.lincolnshire.gov.uk/school-attendance

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COUNTY COUNCIL
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School Mobile Phone

We now 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.
PLEASE CONTACT THE SCHOOL OFFICE FIRST IN ALL CIRCUMSTANCES.

Pencil Cases

Please remember to ask your child regularly if they require anything replenishing, especially glue sticks, which are frequently used items.

After School Kids Club

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.

School Opening

Our school office is open from 8.30am to 3.15pm, Monday to Friday. If you wish to contact the school out of these hours, please call 01775 640357 and leave a message on our answerphone or alternatively email enquiries@stbartholomews.lincs.sch.uk.

PTFA 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!

Dates for Your Diary

All calendar dates/events can be found on our school website by clicking on the link below which will take you to the 'calendar' tab. If you wish to add an event to your own calendar, you can do so by clicking on the event and pressing the 'addo calendar' button.

[Events from January 6 – April 4 – St Bartholomew's](#)

**Worried about
your child's health?**

Think 'Pharmacy First'.

Most community pharmacies across Lincolnshire can provide advice and treatment for your child for these common conditions.

It's a free and confidential way to get qualified help and can be much quicker than visiting your GP or an urgent care service.

Earache
Ages 1 to 17 years

Impetigo
Ages 1 year and over

Infected Insect Bites
Ages 1 year and over

Sinusitis
Ages 12 years and over

Sore Throat
Ages 5 years and over

Scan here to
find your
nearest
pharmacy.



*Patients already exempt from prescription charges, i.e. children, will get their treatment free, for the listed conditions. Otherwise usual prescription charges will apply.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

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, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday®

The National College®

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