



Barns Green Primary School

Newsletter

19.09.25

Dear Parents and Carers,

This morning I had the pleasure of showing a number of visitors around the school. They were immediately struck by our calm and positive learning environment, how settled the children were and by our high quality provision and support for all.

I am delighted that we have started the new school year so positively. The children really are here to learn and their enthusiasm for their learning continues to be a real strength of the school.

School can be challenging and is without doubt tiring therefore it is important that all children are given the very best opportunities to thrive. Getting enough sleep, having a healthy diet and enough hydration are so vitally important. These factors can make all the difference to behaviour and capacity for learning.

When children do not get enough sleep it becomes immediately clear to teachers. This can have such an impact on whether a child thrives at school.

Equally, ensuring children eat a healthy diet is vital. Foods containing high levels of sugar impact upon children's behaviour, especially at the start of the day when they struggle to focus and towards the end of the day when they simply run out of energy.

The nights are drawing in, school is a busy place where the focus is upon learning. It is tiring so please do ensure that the basic building blocks are in place.

It really will make such a difference to your child!

Have a really lovely weekend

Warm wishes,

Tracey Newbold

How you can help us...

Packed Lunches

When you're preparing your child's packed lunch, there are a number of things you can do to encourage a healthy, balanced diet.



Firstly, make sure you include a variety of foods. Try to include something from each of the following groups:

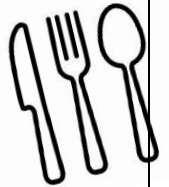
- Carbohydrates- bread, bagel, wrap, pasta, rice
- Dairy- yoghurt, milk, cheese

- Protein- chicken, tuna, egg, hummus
- Vegetables- carrot or cucumber sticks, pepper slices
- Fruit- grapes, a satsuma or dried fruit like raisins

The NHS has a [food scanner app](#) that you can use to find healthy food alternatives

School Dinners

I have been in the lunch hall every day over the last few weeks. A couple of things spring to mind. So many children struggle to use a knife and fork, and this really impacts their enthusiasm for eating what is on the plate. Cutting food up seems to be a real issue. We do help however many children would really benefit from practise at home.



I believe this would have a real impact upon enthusiasm for eating lunches along with cutting down on waste!

I have also noticed that the children really do not like the jacket potatoes!!!

Parent Workshops

We are running several parent workshops over the next few weeks, please do make the most of these sessions and come along. There will be tea and biscuits available alongside the opportunity to talk with key members of staff and parents in a supportive environment.



Reading Workshop – The RWI program and how to support your child's reading at home



Supporting your child with worries and managing our worries as parents –
this will be led by Rachael Highfield and myself

Attendance

This has been positive at the start of term with the vast majority of children having not missed a single day!

Whole school attendance is currently 96.8%.

This is a fantastic start!

We do have a few families who are regularly running late. Please do ensure that you are on time each morning so that children start the day with their friends and



teachers. Late arrival is difficult to manage and often impacts upon how a child feels about coming to school...

Lunch Time Adults

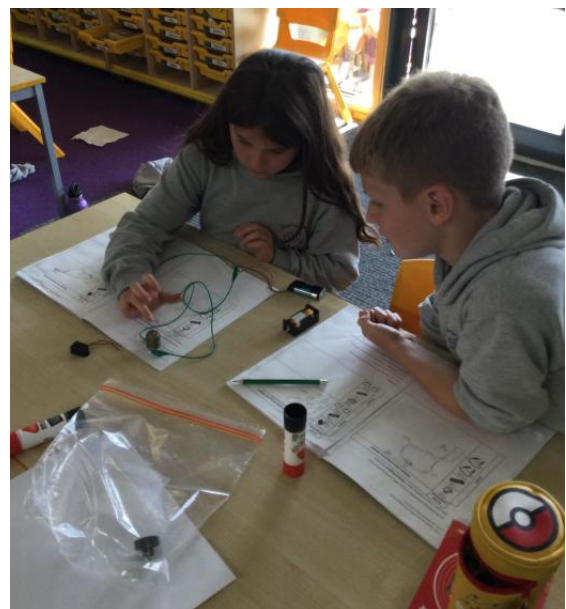
At times we must speak to children on the playground about their behaviour and investigate incidents. It is important that staff can do this positively and that all children treat staff and each other with respect.

It is not acceptable for groups of children to become involved in incidents or to interfere. Staff have commented that this can be an issue, and we are working with children to help them to understand that this is not acceptable at school.

Pupil information

It is very important that the information we hold for your child is up to date. When your child enrolls with us, we ask you to complete medical/dietary, food tasting/allergy, local visits and photo permission forms and we hold these on file. If any of this information has changed, please let us know as soon as possible. If you have changed phone numbers or addresses, or emergency contacts please remember to inform us of this too.

Offer class excited about circuits



Bake sale



Please join us in raising funds for MacMillan Cancer support. We will be holding a **bake sale after school on Friday 26th September** to support this worthwhile charity. Please help us by donating cakes (home-made or shop bought) and coming along to buy some cakes after school either as a Friday afternoon treat or to take home for the weekend. Everyone is welcome.

Cake donations can be dropped off at school at the main entrance all of next week.

Thank you in advance for support.

Dates

September

Monday 22nd – Young Voices meeting – 2.45pm (hall)

Tuesday 23rd – Individual school photos

Wednesday 24th – Yr 5+6 Talented Athletes at The Weald (selected children have been notified)

Friday 26th – Bake sale after school

w/c 29th – Bikeability for Year 6 children

October

Wednesday 1st – RWI meeting for Dormouse and Hedgehog – 9am (community room)

Flu vaccination

Monday 20th - INSET day (no children in school)

Friday 24th – Break up for half-term at 3.20pm

Monday 3rd – Children back in school

December

Friday 19th – Break up for Christmas holidays

Monday 5th – Children back in school