

DIARY DATES

Dates for the School Year can be found on our website. [CLICK HERE](#) to go to the calendar.

Tuesday 31st January
House Tournament Paralympic Challenge



Tuesday 7th February
Parent E-Safety Workshop



Wednesday 8th February
Year 6 Singation
Walton Academy



Thursday 9th February
SEND Reviews



Friday 10th February
Last Day of Term

**FEBRUARY
HALF TERM**

Governor Meetings

Monday 30th January
Curriculum and Standards



To see the latest Fobs minutes please click [here](#).



Barrowby Church of England Primary School

As a Church school family, we strive for excellence, ensuring that we all feel happy, valued and loved. We aim to provide an exciting, innovative, and relevant curriculum that enables all to 'shine' and develop as creative, respectful and independent citizens. We seek to promote equal opportunities for all so that each individual is encouraged to achieve their full potential and become lifelong learners who can make a positive contribution to society.

Newsletter 20th January 2023

*Dear friends, let us love one another,
for love comes from God.*

1 John 4

Dear parents/carers,

What another very busy week we are all enjoying at Barrowby CE primary School. We have now launched our new Facebook Page and have been posting 'live' updates daily. We have 658 'followers' so far. Please search for Barrowby Church of England Primary School and share/follow our school. I hope you enjoy reading this week's Newsletter.

Mr Len Batey-Headteacher

Events In School

Senior Mental Health Qualification

Over the last 6 months Miss Lees has been completing the 'Senior Mental Health Qualification' to lie alongside her SENCo qualification. This qualification now ensures that mental health is at the forefront of everything we do as a school.



Events and support such as 'Coffee and Catch Up' and pastoral work with the children help support our school vision that every member of our school family feel 'Happy Valued and Loved'. If you have any suggestions of ways we could support your or your child's mental health, please email: FAO Miss Lees enquiries@barrowby.lincs.sch.uk

Inspire+ Sam Ruddock Assembly



We welcomed back World Cycling Champion Sam Ruddock to Monday's Collective Worship. He engaged the whole school with stories about his journey from Secondary School Sport to competing as a professional athlete at London 2012 and Rio 2016.

He highlighted the importance for us to stay hydrated, eat as healthy as we can and to get a good night's sleep. All these things will help us to keep our attention, improve our language, memory and learning, help us to be happier, calmer, alert and allow us to concentrate for longer.

To finish, the children watched a video of Sam winning the time trial event and bringing home a Gold Medal! What an inspiration, proving that hard work and determination can help you to achieve your goals. We wish Sam lots of luck with the upcoming 2023 UCI Cycling World Championships in Glasgow this Summer.

CREATIVITY



RESPECT



INDEPENDENCE



Visit our school's page by [CLICKING HERE](#).

Happy

Valued

Loved

Inspire+ Joe Roebuck

Former competitive swimmer Joe Roebuck visited us on Tuesday afternoon to share his journey and experience in sport. Roebuck, an Inspire+ Sports Ambassador, spoke to the children about his experience competing in the London 2012 Olympics, where he had the opportunity to swim against Michael Phelps, one of the greatest swimmers of all time.

He explained his dedication and hard work that led him to become a professional swimmer, including the training and discipline required to compete at the highest level. Joe also shared some of the lessons he learned throughout his swimming career, such as the importance of perseverance and the power of setting goals.



The children were excited to hear about his experience and had the opportunity to ask him questions about his time as a competitive swimmer. The visit was a great opportunity for us all to learn about the dedication and determination required to succeed in sports, and to gain inspiration from Joe's journey. The upcoming Large School's Swim Gala competition will be a great opportunity for our swim team to put this into practise. Good luck everyone!

Roots To Food



What a wonderful morning our Year 3 children enjoyed on Thursday morning with Chef Darren, from Roots to food. The children produced a traditional Greek dish called Keftedes accompanied by Naan Bread and a Greek side salad. The food was delicious, the children focused on presentation and a range of new cooking skills, being able to marinade the children, use the bridge and claw technique to chop, dice and grate a range of vegetables. Well Done Everyone!

In the afternoon, it was the turn of our Year 2 pupils. They also developed further their cooking skills including the bridge and claw method for chopping. They thoroughly enjoyed making and tasting their 'Cowboy Smokin Mountain Meatballs.' Would you like to try these recipes? Here they are below:



Greek

Keftedes, Tzatziki, Greek Salad, Rice

- 400g Fresh Minced Turkey
- ½ tsp Dried Oregano
- ½ tsp Cinnamon
- 8 Mint Leaves (finely chopped)
- 1 Garlic Clove (crushed and peeled)
- 1 Small Red Onion (finely sliced)
- 1 Small Red Pepper (sliced)
- 1 x 200g Chopped Tinned Tomatoes
- 2 Spring Onion (sliced)
- 2 Fresh Tomatoes (diced)
- ½ Small Cucumber (diced)
- 1 x 250g Feta Cheese (diced)
- 1 tbsq Olive Oil
- 1 x 200g Greek Yoghurt
- 250g Cooked Hot Rice

Method

1. In a large bowl mix the minced turkey with the dried oregano, cinnamon and four mint leaves. Mix, stir and fold. This mix is best left to marinade for 1 hour.
2. Roll the mixture into equal size balls the size of a large marble.
3. In a wok or shallow frying pan add the garlic clove and the meat balls to the hot pan and keep turning until lightly brown. Add 2 tbsq water, place the lid on and steam for 2 minutes to thoroughly cook the meat balls.
4. Add the red onion, peppers and spring onion stew for 1 minute on a low heat.
5. Add the chopped tinned tomatoes and simmer for 1 minute
6. For the Greek salad mix the half the cucumber, tomatoes, feta cheese and the olive oil in a small bowl.
7. For the Tzatziki grate half the cucumber and mix with the Greek yoghurt.
8. Serve with hot rice
9. Enjoy



Wild West

Cowboy Smokin Mountain Meatballs in a Hot Tomato and Red Pepper Sauce Served With Rice

- 400g Fresh Minced Beef
- ½ tsp Dried Oregano
- ½ tsp Smoked Paprika
- ½ tsp Ground Cumin
- ½ tsp Dijon Mustard
- 1 Lemon (cut into wedges)
- 1 Clove Garlic (crushed and peeled)
- 1 Small Red Onion (thinly sliced)
- 2 Spring Onions (thinly sliced)
- 1 Small Red Pepper (thinly Sliced)
- 1 Fresh Tomato (small diced)
- 1 x 200g Chopped Tinned Tomatoes
- 1 tbsq Worcester Sauce
- 250g Cooked Hot Rice

Method

1. In a large bowl mix the minced beef with the dried oregano, smoked paprika, ground cumin and dijon mustard. This mix is best left to marinade for 1 hour.
2. Roll the mixture into equal size balls the size of a large marble.
3. In a wok or shallow frying pan add the garlic clove and the meat balls to the hot pan and keep turning until lightly brown. Add 2 tbsq water, place the lid on and steam for 2 minutes.
4. Add the red onion, peppers, spring onion and fresh tomato, stew for 1 minute on a low heat.
5. Add the chopped tinned tomatoes, Worcester sauce and simmer for 1 minute
6. Serve with the hot rice and squeeze a lemon wedge over the dish.
7. Enjoy

Website Updates - New Forms Section

As part of updates to our school website we have introduced a new "Forms" page within the "Parents" section of the website. This will include a copy of the Absence Request form, Administering Medication in School form and Cycle Permit. Please [CLICK HERE](#) to view the various forms that can be downloaded and completed at home.



Launch of our school's Facebook Page

Last week, we launched our newly created **Barrowby Church of England Primary School** Facebook page.

So far we have 65 followers and some views when posts have gone live through the week. Please feel free to share/follow the page with other parents/carers and family members so we can reach as many of our school community as possible. [CLICK HERE](#) to view page.

We will continue to use this platform as a way to provide 'live' updates on school events and experiences for our parents and our wider community. Please remember to adhere to our Social Media Policy when viewing the posts. Thank you.

Grantham Foodbank Collection Point

Thank you to all those families that have donated to the Grantham Foodbank through our newly created 'Drop-Off' point in our school foyer, this week. This is open from 7am til school closes each day. Please feel free to continue to support this charity, the box will be emptied on Friday so we can start again next week. Any donations gratefully received.



Food shortages (Updated 14th January 2023)

- Meal based sauces
- Sponge Puddings
- Long Life Milk
- Tinned Tomatoes
- Tinned or Dried Soup
- Rice Pudding
- Custard

Weekly House Point Totals

ARMSTRONG
227

CHICHESTER
310

SCOTT
274

Parent Reminders

Swimmarathon

As you know, on Saturday 4th February 2023, Barrowby CE Primary School we will be entering 8 teams into this year's Swimmarathon. Thank you for signing up to this fun and exciting event., thank you to those that have signed up to join us for this event.



All swimmers should meet myself at the Meres Leisure Centre at 3.00pm, at the main entrance and should **come dressed ready to swim. Parents are requested to stay with their child/ren for the duration of the event.** Once we've collected sponsor forms from each swimmer and registered the swimmers we will proceed to the first floor - via staircase - and then along to the spectator area.

Swimmers will be expected to get ready to swim in the spectator area, so remember come dressed ready to swim. Please also remember to bring a drink with you, preferably a water bottle with your name clearly written on it, as swimming can be thirsty work.

After the event, all swimmers - exit to the changing rooms as quickly as they can. Parents should take their children into the changing rooms and help supervise their own child/ren getting changed.

Please note: Children and adults taking part will need to arrive at the Meres Leisure Centre at **3.00pm** and should be collected at **4.30pm**.

Parents who are not swimming are required to stay to be on-hand in case of any problems and may watch the event.

We are very much looking forward to seeing you there and thank you once again for agreeing to support our school and the Rotary Club of Grantham.



House Tournament Paralympics

On Tuesday 31st January, we will be holding a House Tournament Paralympic tournament in school, please ensure your child has their PE kit in school for this event.

Year 6 Singsation

On Wednesday 8th February, our Year 6 children will be attending Walton Academy. In partnership with Lincolnshire Music Service, one of the vocalists from Strictly Come Dancing, Hayley Sanderson, will be visiting Walton Academy on Wednesday 8th February 2023 to deliver an interactive concert! The event, called SINGsation, is an interactive concert for primary pupils.



The event will enable students to take part in a local, FREE and LIVE community singing event with a professional singer and band. There may be some time to ask some important questions to Hayley and her group. We are very excited and looking forward to this event.



Parent E-Safety Workshop

On Tuesday 7th February, Mr Caton will be providing a Parent E-Safety Workshop in the school hall from 5.00pm - 6.00pm, more details to follow.

SEND Reviews

Our SEND review meetings will take place on Thursday 9th February, by attending these meetings, our parents have the opportunity to discuss their child/ren(s) progress against their last SEND plan, review the new proposed targets as well as discuss how they are managing now they are back at school. A truly valuable opportunity.

Further details will be provided to advise you of when the appointments will be available to book.

