

## DIARY DATES

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



# Barrowby Church of England Primary School

## Friday 2nd December

Reception Christmas Assembly



## Wednesday 7th December

Carols In The Community - Parents &

Children in Year 3, 4, 5 & 6 Choir



## Friday 8th December & Friday

### 9th December

KSI Nativity Performance



## Tuesday 13th December

Rocksteady Music Concert



## Tuesday 13th December

Primary School Christmas Choir Festival



## Wednesday 14th December

Christmas Lunch and Christmas Party

Day



## Governor Meetings

Friday 25th November

FRP



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

Please click [HERE](#) for Easy Fundraising Link

## Newsletter 25th November 2022

*Serve one another through love.*

Galatians 5:13

Dear Parents/Carers

*It's getting busy now. I hope you enjoy reading this week's Newsletter and learning a little bit more about school life. Enjoy your weekend.*

Mr L Batey-Headteacher

### Events In School

#### Christmas Tree Festival

The Christmas Tree Festival, held by St Wulfram's Church has returned for the fifth time. The festival will run from Thursday 24th November until Sunday 27th November, the popular festival returns to the church where local groups, businesses, schools and individuals bring their decorated for people to enjoy. The ice rink will also be back this year and will be fantastic fun!



We are very excited to be once again part of this lovely event, our beautiful tree is now decorated and we would love you to pop along to St Wulfram's to find our tree and to take part in our exciting competition! Once you find our tree, can you count how many events the children are featured in on the photographs placed on the tree? If you would like to enter, please email [enquiries@barrowby.lincs.sch.uk](mailto:enquiries@barrowby.lincs.sch.uk) with your answer, the winning entry will be announced next week!! Good luck everyone!

#### Nutrition Workshop For Parents

On Thursday 24th November, Mr Caton and Mrs Watson took our Year 2 and Year 3 children into the hall to participate in a workshop discussing nutrition for a healthier, happier you. Sophie from Inspire told the children about what foods are healthy and which foods aren't. They also had an insight into how we eat affects our body, our energy levels and how this can help us manage our emotions.



Did you know that eating healthy can help our memories and brain power? The children learned that there are 3 macronutrients that include protein, carbohydrates and fats. Surprisingly, there are good fats and bad fats! To end the session, the children enjoyed an open discussion about what they have in our lunch boxes and discovered the hidden macronutrients within these. Yummy! One last point to remember....always eat your breakfast as it sets you up for the day ahead! Thank you Sophie!

#### Nutrition Workshop

##### Nutrition for a Healthier, Happier you!

Afterwards, Sophie Devenish led a meeting for our parents. She discussed eating habits and why we should eat healthily. The sugar in the food we eat will change our energy levels throughout the day and night, this can affect our mood and even our sleep pattern. Sophie gave all a super Lunch Box cheat sheet, that can help with ideas on some different food for lunch times that will offer a well balanced lunch time meal.



##### Remember we are a nut free school so leave the nutty options for home.

Sophie also handed out some positive strategies to support reluctant eaters at home, for example; meal time is technology free, eat at a table, ask to help to prepare food at home. Please see the second poster. We hope you find these helpful and we can get all at Barrowby to enjoy eating well balanced diets. Thank you so much for those who attended the meeting.



### Performing Stars

It is truly wonderful when our children share their talents and gifts at Collective Worship. Today, we were treated to a performance by Freddie Quayle who played a Grade I Cello piece called 'The Old Castle - Kathy & David Blackwell' accompanied by his mum on the piano.

It was so lovely to hear how well Freddie performed and we wish him the very best for his pending Grade I Cello exam. If your child/ren would like to share something in Collective Worship e.g. playing an instrument, demonstrating a skill then please encourage them to ask their class teachers. It is certainly a highlight of Mr Batey's Collective Worship on a Friday. Each child who performs receives a very special Performing Star Commendation.

A big thank you to all those children that have shared this term, to Freddie for his performance today and to Mrs Quayle for giving the time to accompany Freddie-making the performance even more special.

### Up and Coming Events

#### Reception Christmas Assembly

It is a very exciting time of year at Barrowby CE Primary School with our Reception class enjoying their first Christmas, as part of our school family. Their Christmas Assembly will take place, in school, on **Friday 2nd December at 9.30am.**



There will be refreshments and a raffle after the performance and we will also be selling photographs, payments for photographs will be required at the time of ordering, these will be at a cost of £2.00 each per picture. As in past years, we would be very grateful for donations of cakes/mince pies. Please could these be sent to school by the morning of Thursday 1st December.



#### KSI Nativity Performance

It's that time of year again when we all look forward to the Christmas events in school. One of the highlights being the Key Stage 1 Nativity. This will take place in school on **Thursday 8th December at 2.00pm and Friday 9th December at 9.30am.**

There will be refreshments and a raffle after each performance and we will also be selling photographs, payments for photographs will be required at the time of ordering, this will be at a cost of £2.00 per picture. As in past years, we would be very grateful for donations of cakes/mince pies. Please could these be sent to school by the morning of Thursday 8th December.

#### Carols In The Community - Parents & Children in Year 3, 4, 5 & 6 Choir

This year, we would like to invite you and your families to come and join us in carol singing around the village on Wednesday 7<sup>th</sup> December, between 5-6pm. We will meet at the green at Pastures Road, walk along Reedings Road to the junction of Low Road and walk up to the School.



We will stop at various points to sing a carol each time and then head back to school for refreshments, provided by FOBS: Hot chocolate, tea/coffee and cookies. At this time of year we believe that it is important for our school community to come together and enjoy this festive season. **All members of the school are welcome to join the choir for this event, when we return to the school the choir will be performing Carols while enjoying the refreshments. Parents are required to accompany their child/children for this event.** We hope that many of you will come out to enjoy this festive tradition. We very much look forward to seeing you there for this lovely Christmas event.



#### Primary School Christmas Choir Festival

Once again our Year 5 & 6 Choir have been invited to perform at the Primary School Christmas Choir Festival at Walton Academy on Tuesday 13th December in the Walton Theatre.

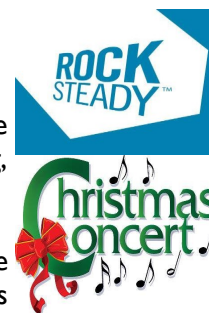
This is a wonderful event that really gets us into the Christmas spirit! Please could children arrive at Walton Theatre for 5.00 pm to meet staff from Barrowby School. All children should be in full school uniform including a Barrowby jumper/cardigan and wear their smart black shoes. The festival is due to finish at 6.30 pm. Thank you for your continued support.

## Up and coming events

### Rocksteady Music Concert

Christmas is fast approaching, all the children participating in the Rocksteady Music lessons have had the opportunity to enjoy a range of musical experiences through singing, listening, performing and composing.

The Christmas concert will take place on **Tuesday 13th December at 2.30pm**. We are very much looking forward to celebrating their musical talents in this fabulous Christmas concert with you.



### Christmas Lunch & Christmas Party Day



This year, Christmas Parties for all classes will take place on **Wednesday 14th December**.

Children should come to school wearing a Christmas jumper and or party clothes, they will enjoy Christmas games in the morning, and our Reception and Key Stage 1 children will even have a secret 'virtual' visitor (as long as the elf-mail is working).

Once again, we will be enjoying a traditional Christmas lunch with crackers in the school hall. Please ensure that if you wish your child to have a Christmas lunch that this is ordered from Ideal by **9.00am on Tuesday 6th December**. In the afternoon, the whole school will enjoy a performance from the West Midlands Children's Theatre, with their Pantomime, 'Sleeping Beauty,' in the school hall. Once again, thanks to our fundraising efforts, we are able to fund this pantomime, the gifts from Santa and the Christmas crackers, through FOBs – many thanks to everyone.

### Church Christmas Service

Our School Christmas Service will take place in Barrowby Church, on **Friday 16th December 2022 at 9.15am**. Thank you to those that have requested a ticket for this event, if you have been allocated a ticket you will have been advised by Parentmail today, Friday 25th November, please remember the allocation is only one ticket per family. Due to the limited seating in the church and the number of tickets requested we are unable to facilitate any further ticket requests.



### Parent Reminders



### Extra-Curricular Clubs

Please be reminded, the extra-curricular clubs will come to an end for this term today, Friday 25th November.

### KSI Nativity Costumes

December is fast approaching and the KSI children are busy rehearsing for our KSI Nativity. Exciting! Please can you ensure that your child's costume is in school for Friday 2nd December.



### Christmas Lunches



Once again, we will be enjoying a traditional Christmas lunch with crackers in the school hall. Please ensure that if you wish your child to have a Christmas lunch that this is ordered from our hot school meal provider, Ideal by **9.00am on Tuesday 6th December**.

### Weekly House Point Totals

**ARMSTRONG**


**635**

**CHICHESTER**

**591**

**SCOTT**

**545**



# LUNCH BOX CHEAT SHEET

## Whole Grains (carbohydrates)

Whole grain bread  
Whole wheat pitta  
Whole grain crackers  
Whole wheat pasta  
Brown rice  
Bagels  
Whole grain wheat  
tortilla

## Proteins

Chicken, Turkey  
Lean beef \* or ham  
Tuna, Egg  
Cheese, Hummus  
Peanut butter  
Tofu, Salmon\*\*

## Fruits

Apple, Banana  
Orange, Satsuma  
Pear, Plum  
Peach, Grapes  
Dried fruits\* –  
raisins, cranberries,  
apricots.

## Vegetables

Peppers  
Broccoli  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Lettuce  
Tomatoes

## Snacks

Nuts (almonds,  
Brazil nuts\*\*)  
Dark chocolate \*\*  
Olives \*\*  
Low fat yogurt  
Mixed seeds  
Popcorn  
Babybell

## Drinks

Water (still)  
Semi skimmed or  
skimmed milk  
Juice (100% fruit no  
more than 200ml)  
Sugar free Squash

\*Rich iron source, \*\*Good Fats



# HEALTHY FOOD

## AT HOME

- 1** *Encourage eating at a table. Make it a technology free time!*
- 2** *Make meal times family time, catch up on the day events – this allows you to monitor what your child is eating too!*
- 3** *Include your child in meal/lunch preparation, even food shopping. This will help them develop an interest in what they are fuelling their bodies with.*
- 4** *Teach them how to make simple snacks, sandwiches, smoothies, salads.  
Make it as easy or as challenging as necessary for your child.*
- 5** *Help them start their day right, aim to hit 3 of the main food groups at breakfast. IE cereal, fruit, dairy*
- 6** *Avoid ready meals – the nutrients have diminished from the preservatives & storing techniques. Aim to cook/prepare from fresh as often as possible!*
- 7** *Be a positive role model – be open to trying new foods, and let your children see you eating/snacking on healthy foods.*



# St Wulfram's, Grantham

## Christmas Tree Festival with Skating Rink



**24th - 27th November 2022**



The Parish Church of  
St. Wulfram, Grantham

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