



# BARLESTONE CofE PRIMARY SCHOOL



## News from Mrs Murray

28th November 2025

### Welcome to This Month's Newsletter!

We hope this message finds you and your families in good spirits.

**\*\*Children in Need\*\*** was a delightful day, with everyone looking cosy in their pyjamas'. We were thrilled to raise an impressive £132!

As we gear up for Christmas next week at Barlestone, we're excited about the class trees going up, the Rainbows sponsored walk around the village, the Crazy Christmas Craft afternoon and the PTA Christmas Fayre!!

We hope all the children will be back to full health next week to fully enjoy the festivities, especially since the last two weeks have seen many pupils and staff members affected by various winter bugs. To help combat these illnesses, we implemented additional regular deep cleaning last week, which will continue throughout the winter. We also encourage all children to wash their hands more frequently, in addition to our usual practices.

Please remember to inform the office on the first day of your child's absence and continue to provide updates every other day, stating the reason for their absence to ensure the correct codes are recorded. Thank you!

## Important Dates

3/12/25	EYFS Open Afternoon for 2026 Applicants
5/12/25	Rainbows Santa Fun Run
5/12/25	Crazy Christmas Craft Afternoon
5/12/25	PTA Christmas Fayre 
9/12/25	EYFS, Year1&2 Nativity 9.30-10.30 
10/12/25	EYFS, Year1&2 Nativity 9.30-10.30 & 2-3pm
12/12/25	Christmas Jumper Day with school uniform
16/12/25	Christingle Service @ Church KS2 only
18/12/25	Christmas Dinner Day 
19/12/25	Break up for Christmas Holidays!!! 
5/1/26	Back to School
7/1/26	EYFS Open Afternoon for 2026 Applicants

## Competition Time



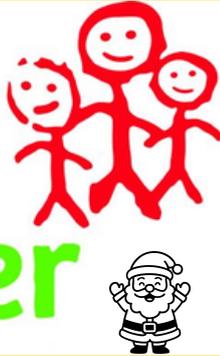
How many Santa Claus can you spot on this weeks Newsletter? Get counting and the first 5 children to come to the office next week get a little treat!!



# Barlestone C of E Primary School



## Healthy Together



Leicester Partnership NHS offer services to help families with children aged 0-11 a link to the website can be found [here](#)



Leicestershire County Council

If you receive certain benefits you may be entitled to Free School Meals (FSM) please follow this [link](#) to find out more and apply online



## Be In SCHOOL Be On TIME



Please put your child's name in their uniform. We can not return uniform that does not have a name in it or be held responsible for your child's uniform.



It is illegal to park on zigzag lines outside of schools. Please park sensibly

## School opens

@ 8.40am



Doors close at 8.50am after this time please bring your child through the school office. If your child arrives after 9.05am they will get a late mark. After 9.15am they will be classed as unauthorised absence.

## How to Contact School

- Email – [office@barlestone.risemat.co.uk](mailto:office@barlestone.risemat.co.uk)
- Call – 01455 290511

Please use these two methods for contacting school, this guarantees your message will get through and dealt with promptly. School email address is regularly monitored unlike the Arbor in app messaging service. Please only used Class Dojo for non-urgent messages as this is not regularly monitored by the class teacher.

We have been exploring the idea of courage, even when things get difficult.



## This week in Collective Worship



# WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

## ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



## GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



## GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



## HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



## COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



## KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KTVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>