



# Barlestone C of E Primary School



## Summer Term Newsletter 9/6/25

### News from Mrs Murray

The weather recently has been a little temperamental, please remember to send your child/ren having applied sun cream in the morning prior to school if its sunny, which they can top up at lunchtime if needed and with a hat and a coat for those cooler and wet days.

Last term we held our annual book fair was a tremendous success, and it was delightful to see so many children come out and enjoy selecting a new book or two. This event has significantly contributed to raising essential funds for our Library, allowing us to purchase additional new books to diversify the selection available for the children. The children can expect to see new books in the library soon!

A huge thank you to all donations made over the last few weeks towards events that the PTA have held. It has helped raise in excess of £500 which all goes back into school for the children.

The PTA plays a crucial role in our school community. Without their efforts, we wouldn't have been able to attend the Christmas Panto in recent years, invest in new play equipment, or provide events like discos and Bingo. A big thank you to all PTA members for your invaluable support!

Our wonderful Catering Manager, Sam Normington, who oversees our kitchen, was nominated for the Relish School Food Awards. Remarkably, she received the runner-up award after just one year with Relish! Well done, Sam! This recognition highlights the dedication of Sam and the team here at Barlestone in providing delicious meals for our children.

### Important Dates

|               |   |
|---------------|---|
| 12/6/25       | Year 3&4 Thinktank Trip                                       |
| 12/6/25       | Area Athletics  |
| 18/6/25       | Residential 2025 Information Evening current Yr5 parents only |
| 20/6/25       | Year 1&2 Farm Trip  |
| 25/6/25       | Summer Disco  |
| 1/7/25        | Bosworth Academy Induction Day for Year 6                     |
| 2/7/25        | Year 6 Leavers Play 5.30pm                                    |
| 3/7/25        | School Move Up morning  |
| 3/7/25        | New EYFS Parent Meeting 5pm school hall                       |
| 3/7/25-4/7/25 | The Market Bosworth School Induction Days for Year 6          |
| 7/7/25        | Year 6 Warning Zone Trip                                      |
| 9/7/25        | Year 6 Church Leavers Service Year 6 Parents Welcome          |
| 10/7/25       | Break up for Summer Holidays!!                                |





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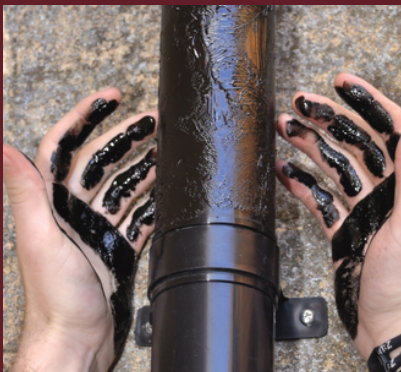


## COMMUNITY



Recently some of our students helped Desford Coop plant a tree to mark 80 years since the end of World War II on 8<sup>th</sup> May.

The Parish Council have coated the roof of the shelter at the park in Anti Vandal paint which will stain clothes black should you touch it.



We are grateful to the parish council who have donated some Hedgehog Gates to EYFS these will be put in our fence to allow safe travel for our wildlife



# 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](#)

## Be In SCHOOL Be On TIME



### School opens

@ 8.40am

If your child arrives after 9.05am they will get a late mark. After 9.15am they will be classed as unauthorised absence.



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

We are a nut free school, and we have children with severe allergies! Please be mindful of what your child's food contains. This does include chocolate spreads and cereal bars which can contain nuts.



## 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.

We have been discussing Spirituality and Truthfulness



## Collective Worship

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



## DEVICE BOX

The National College®



National Online Safety®

#WakeUpWednesday