



# BARHAM CHURCH OF ENGLAND PRIMARY SCHOOL



Supporting everyone to be kind, confident and curious



## Smartphone Free Childhood

Have you signed the parent pact?

<https://www.smartphonefreechildhood.org/parent-pact>

A health professional spoke with our KS2 children this week about understanding their **mental health** and shared practical ways to stay well.

We are running a **workshop for parents** on **6/2/26** after our assembly. Come along and see how you can support your child.

## Mental health Workshop



**Children's Mental Health Week (9-15 February)**

## UPCOMING EVENTS

**Monday 2<sup>nd</sup> Feb - clubs start this week**

**Wednesday 4<sup>th</sup> Feb - Parent drop-in 3.30-4 (has been rearranged for 1<sup>st</sup> April)**

**Thursday 5th February - Year 3 Candlemas Service**

**Friday 6<sup>th</sup> February - Parent Celebration**

**Assembly and workshop about mental health**

**Tuesday 10<sup>th</sup> Feb - Safer Internet Day**

**Friday 13<sup>th</sup> Feb - Whole school dance festival, end of term 3**

**Monday 23<sup>rd</sup> February - return to school**

**Wednesday 25<sup>th</sup> Feb - Year 4 to Dover Museum**

**Tuesday 3<sup>rd</sup> March - Cross Country Competition**

**Thursday 5<sup>th</sup> March - World Book Day**

**(costumes optional)**

**Tuesday 10<sup>th</sup> March - Parent Consultations**

**Thursday 12<sup>th</sup> March - Parent Consultations**

**Friday 20<sup>th</sup> March - Fundraising day for OPAL (details to follow)**

**Tuesday 24<sup>th</sup> March - Spring Music Concert**

**Friday 27<sup>th</sup> March - Parent Celebration**

**Assembly followed by a parent workshop about the importance of play**

**Wednesday 1<sup>st</sup> April - Parent drop-in 3.30-4**

**Thursday 2<sup>nd</sup> April - 2pm Easter Church Service (parents invited), end of term**

**Monday 20<sup>th</sup> April - back to school**

**Friday 1<sup>st</sup> May - Parent Celebration Assembly followed by a parent workshop about online safety**

## STARS OF THE WEEK

**Reader - Ometh (Robins)**

**Writer - Lilly (Eagles)**

**Scientist - Noah (Hawks)**

**Mathematician - Noah (Eagles)**

**Creative Artist - William (Puffins)**

**Sport KS2 - Valentina (Puffins)**

**Sport KS1 - Amelia (Owls)**

**Citizen - Holly in Hawks for being so kind and helpful**



## BIRTHDAYS

**Libby (Jays)**

**Harry (Wrens)**

**Ayda (Jays)**

**Junior (Wrens)**



## NEWS



Hawks chose a mud run as their reward for reaching 50,000 Dojo points as a class. Lots of fun was had by all and the children are very keen for something similar to become a part of Opal playtimes!



Wrens had visits from firefighters and an ambulance crew.



Brilliant sewing in Jays



Making music in our new OPAL music willow dome.





# OUTDOOR PLAY

# AND LEARNING



## Our next projects for developing OPAL:

Small world diggers  
Small world dinosaurs

We are going to create two new spaces and need your help!  
Do you have any dinosaurs or diggers you can donate please? If you do, please place them in the donations box by the front entrance to the school.

Mr Raynor is going to start on our OPAL storage shed and build a roof on the existing pergola. Our fundraising day on Friday 20<sup>th</sup> March is to raise money for our sandpit. More details will follow.

Thanks for all your support

The statistics paint a concerning picture – with children spending an average of 5 hours per day on screens and only 5 hours per week engaging in outdoor play. It's no wonder that a significant percentage of UK children only have the opportunity to play outdoors with other children at school.

The benefits of the OPAL programme are extensive, ranging from increased enjoyment of school to a reduction in teaching time lost due to conflicts between children, fewer accidents, and enhanced behavioural outcomes. These advantages stem from the fundamental understanding that children learn through play. OPAL embraces messiness, challenges, and increased freedoms in play which are essential for fostering children's physical and mental well-being, aligning with current guidelines on health, safety, and development.

