

# ST BARNABAS NEWS



BRING COURAGE

BRING CREATIVITY

BRING FRIENDSHIP

## PRAYER

Dear Lord,

We thank you for the weeks that have passed—for the "irresistible learning," the new friendships made, and the growth we have seen in every child. As we close our school gates for the holidays, we ask for your blessing on our families. May this be a time of rest for tired bodies, peace for busy minds, and joy for growing hearts.

Help us to return refreshed and ready to "Bring It"—sharing our unique gifts with the world once again.

Amen.

## CEO SPACE

It has been a week of high-level c

Hello everyone,

As we reach half term, I want to thank you all for the "flying start" to the year. It's been a term of great progress—attendance is rising across our schools and our Year 6 pupils are doing a fantastic job with their mock SATs.

Your hard work is truly paying off.

I hope you have a restful and happy half-term.

If you're looking for family adventures, don't forget to check out **Dave's 88** for some great ideas!

Have a great week off!

Sean

## WELLBEING WEDNESDAY

This week, children across our schools celebrated "Wellbeing Wednesday". It was a wonderful opportunity for different year groups to mix and support one another. The children explored various ways to care for their mental health, including calming yoga and body-scan sessions, and creative "mindful playdough" stations.

They also spent time reflecting on "places of sanctuary"—identifying locations that make us feel safe and happy. Finally, everyone created positive affirmation pebbles: one to keep as a personal reminder, and one to hide in our local community to spread a little kindness to others.



 **Did you know that Being kind actually changes your brain chemistry! When you do something kind your brain releases chemicals like oxytocin and dopamine. This doesn't just make the finder happy; it actually lowers your own stress and boosts your heart health too!**



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## MULTI-SPORTS & WINTER WONDERS

A huge well done to our children, who shone at this week's Multi-Sports Festival! The event was a brilliant celebration of teamwork and determination, with pupils rotating through a series of high-energy activities.

To add an extra layer of excitement, we themed our activities around the Winter Olympics. The children displayed fantastic focus during 'Kurling' and showed great agility in adapted versions of Ice Skating, Ice Hockey, and the Skeleton. It was a wonderful way for our athletes to experience the thrill of winter sports in a fun, safe, and engaging environment.

