

Friday, 24th March 2023

Newsletter

St Paul's C of E Junior School

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. James 3 v 13

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A small school with a big heart



Year 6 Leaver's Hoodies

The deadline for ordering hoodies is **Friday, 31st March**. They can be ordered through the Identity website. If you place an order, please tick the box to have them delivered to school. Thank you.

Lego League

Our Lego League is at Barrow Sixth Form College today to compete in the regional finals. We wish them the best of luck!

Year 3- Easter Experience

Year 3 is attending the 'Easter Experience' at St Paul's Church next Tuesday afternoon. They will move through a series of 'stations' to hear about the Easter story, Jesus' life, death and resurrection. They will be back at school for the end of the school day.

Welly Wednesday

Next Wednesday, 29th March, is Welly Wednesday and this time it will be on an Easter theme, including an Easter egg hunt and Easter crafts.

Your child should wear clothes for outdoors and bring wellies if possible as they may play in the school woods.

Year 5 at Furness Academy

Next Thursday, 30th March, our Year 5 pupils will be going to Furness Academy for a PE Transition afternoon. They will be transported there and back by coach. Parents and carers are invited to come into the academy at 1.45pm to observe their child during the lesson and this should last around 30 minutes. **Please make sure your child has their full PE kit in school for this event. Thanks.**

Screen time and lack of sleep!

As part of the Year 5 and 6 Yoga session yesterday, Leanne, our yoga tutor, talked about relaxation and highlighted the need to stay off phones/devices, at least an hour before bedtime to help relax the mind. Quite a lot of the children said they were still on their phones or devices up until bedtime. The blue light that is emitted from devices suppresses the natural production of melatonin, the hormone needed to feel sleepy and affects the circadian rhythm. We have found that some of our pupils are very tired in school and wonder if there could be a connection. We do hope that you are able to support us in making sure your child is off their device/phone at least an hour before bedtime. Thank you.

Money Matters

Please check on ParentMail that you have paid up for trips, swimming and music tuition for the term. This is much appreciated.



stars of the Week

Year 3: Arthur

Year 4: Simone

Year 5: Jake

Year 6: Salina



School Holiday Dates

2023

Spring term 2023- Weds 4th Jan- Fri 31st March

Half term- Mon 20th Feb- Fri 24th Feb

Summer term- Mon 17th April- Weds 19th July

Early May Bank holiday- Mon 1st and Mon 8th May

Half term- Mon 29th May- Fri 2nd June

Autumn term- Weds 6th Sept- Tues 19th Dec

Half term- Mon 23rd - Fri 27th Oct



Some wonderful cooking smells have been wafting through the school this week! Year 4 have been doing some 'war time' cooking and baking as part of their history studies of WW II and the food they ate, especially in ration times. They made cottage pie, bubble and squeak and pear crumble...All very tasty! Well done Year 4 ☺