

St Barnabas CE Primary School Newsletter

16/10/2026



'Let your light shine'

St Barnabas Mini Police

Our children have incredible leadership skills and are always keen to take on positions of responsibility. A very important role for some of our year 5 pupils is to become a mini police officer. Many children underwent a tough selection process, including completing an application form and being interviewed by two police officers. The children who were selected were invited to Stockton Heath Police Station on Wednesday to take part in a special attestation ceremony, just as real police officers do.

Whenever we take our children out of school, I am always confident that they will be excellent ambassadors for our school. This was definitely true of our mini police officers when they visited the police station on Wednesday. During the visit they met some high-ranking police officers who gave the mini police a full uniform inspection (they all passed!!) and were impressed with our children's confidence, public speaking and ideas about how to work together to make Warrington a safer place. Yet another great example of our children 'letting their light shine.'

Congratulations mini police!



Have a lovely weekend everyone.

Miss Hodgkinson

Preparing for a positive future
Achieved Through Faith

Emmanuel
Diocese of Liverpool
Academies Trust

Open Day

Date	Time
Friday 2nd October	9am - 11am
Wednesday 7th October	1:30pm - 3:00pm
Wednesday 18th November	1:30pm - 3:00pm
Friday 20th November	9am - 11am



Year 1 have been exploring our sense of touch today and describing whether the objects are rough, smooth, soft or hard.



In writing this week, the year 3 children looked at features of a letter and compared different letters to find the key features 📧 ✉



In maths, year 5 have been exploring the value of pounds and pence and how they can be made using different coins, we also practiced how to write these values using decimal numbers. Lots of hard work and maybe some future bankers here. 💷 💰 💵



Our Christian Value for this half term is:

'Friendship'

'A good friend is a blessing from God.'

Samuel 1 18.3

This week's big question:

Do you have to be friends with everyone all of the time?

This week we pray for those who are homeless.



Water Bottles

Children are asked to bring a bottle to school filled with water which they can drink throughout the day. Drinking water throughout the day keeps children's brains hydrated and helps them to learn well. Only water is allowed in these bottles, as drinking juice throughout the day causes tooth decay. Children can drink juice or with their lunch. If any children persist in bringing juice in their water bottles, parents will be contacted.

FREE BREAKFAST CLUB!



From September our Breakfast Club is changing as we move over to the National Breakfast Club Programme.

All school children are invited to come from 8.15am every day for free and receive a healthy breakfast. This will replace the bagels that are currently available to children on arrival in their classroom.

We will maintain our self-funded wrap around care from 7.30am at a reduced charge of £2.75 until 8.15am where children will then join the free session.

To enable us to properly plan and purchase food, please can you follow this link to register your interest [FREE BREAKFAST CLUB – Fill out form](#)

You do not need to book for the breakfast club, you can just turn up.

Starting reception class

If your child was born between 1st September 2022 and 31st August 2023, they are due to start reception class in September 2026. You will need to apply for a place here:

<https://www.warrington.gov.uk/primary-school-admissions>

Parents' Evening – 19th & 20th October

On Monday 19th and Tuesday 20th October, we have our first parents' evenings of the school year. Parents' evening gives you the opportunity to speak to your child's new class teacher about how well they have settled into their new class in addition to discussing learning, wellbeing and looking at children's workbooks.

Our parents' evening also gives you the chance to connect with other families – our Starbooks Reading Cafe will be open, serving drinks and snacks, with a range of reading themed activities for the children to enjoy. There will also be a book fair, where you can buy a range of book and gifts; a pre-loved uniform stall and more.

Playtime Snacks

We are a healthy school and constantly reinforce with our children that healthy eating and regular exercise lead to positive mental and physical health. Part of this is to educate our children to eat as healthily as possible, as this contributes to future success. The only snacks we allow at playtimes are **toast or fruit**, these can be brought in from home or toast can be purchased via ParentPay. Thank you for your support.

Healthy packed lunches for children at St Barnabas CE Primary School

CARBOHYDRATES

- wholemeal bread
- pasta
- rice
- couscous
- potatoes



DAIRY (OR NON-DAIRY ALTERNATIVE)

- cheese
- yogurt
- milk
- fortified soy milk
- calcium-set tofu



FRUIT

- apples
- bananas
- berries
- oranges
- grapes



VEGETABLES OR SALAD

- carrot sticks
- cucumber
- cherry tomatoes
- peppers
- sweetcorn



PROTEIN

- chicken
- eggs
- beans
- lentils
- fish



WHAT SHOULD I NOT BRING TO SCHOOL

Sweets Fizzy drinks Nuts
Sesame Shellfish Donuts Pastries

Tough Mudder Manchester 2026 for TOFS

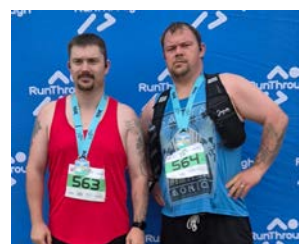
On 10 October 2026, I will be taking part in Tough Mudder Manchester to raise funds for TOFS, a charity that supports children and adults born with the rare conditions Tracheo-Oesophageal Fistula (TOF) and Oesophageal Atresia (OA).

This cause is very close to my heart as my daughter was born with TOF/OA eight years ago. During a very frightening and uncertain time, TOFS provided invaluable support, information, and reassurance for our family.

I am hoping to raise £250 to help TOFS continue supporting families facing similar challenges. If you are able to donate, no matter how small the amount, it would be greatly appreciated.

Thank you for your support. ❤️ Michelle and Neil Bate

https://www.justgiving.com/page/michelle-bate-1?utm_medium=FR&utm_source=EM



Our guide this week focuses on Looksmaxxing, which encourages people – particularly boys and young men – to 'improve their appearance' through everything from grooming, skincare and exercise to far more questionable techniques. As this trend becomes increasingly visible on social media, our guide explores how appearance-focused content can affect boys' confidence, self-worth and body image. It offers practical advice for parents and educators on spotting changes in behaviour, recognising looksmaxxing terminology, understanding what young people may be seeing online and opening supportive conversations about appearance, influencers and unrealistic expectations.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "fold" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



See full reference list on our website

CALLING ALL YEAR 1&2



Love netball or want to try something new?
Join **Penketh Panthers Netball Club!**

-  **FITNESS**
-  **FAMILY**
-  **FAIRPLAY**
-  **FUN**
-  **FRIENDSHIP**

**PLAY TOGETHER
GROW TOGETHER**

TRAINING
Wednesdays
5-6pm
Great Sankey Hub

MATCHES
Sunday Mornings

COME AND BE PART OF OUR PANTHER FAMILY!

Email: penkethpanthersmembers@gmail.com

ST BARNABAS COFE PRIMARY OCTOBER HOLIDAY CAMP

**10am-2pm
Each day
Lunch & Snacks Included!**

FREE
CHECK ONLINE TO QUALIFY

OCTOBER 26TH-29TH
ONLY 30 SPACES. BOOK NOW!

BOOK ONLINE: WWW.STRIKERACADEMY.CO.UK/HAF

FUN SPORTS ACTIVITIES
CRAFT ACTIVITIES
COOKING DEMO
YOUNG LEADERS AWARD
PLUS LOTS MORE!
PLUS CERTIFICATES
TROPHIES & PRIZES!



Warrington
Parents & Carers

SEND Market Stall Event

24th November 2026
9:30-13:30
Warrington Youth Zone

Free event with lunch included.

All are welcome!
Please register your attendance on our website
www.warrpac.org/send-market-stall-event-24th-november-2026

Discover . Connect . Empower!
Join us for our SEND Market Stall Event, bringing together local professionals and parent carers for a day of information, resources and community support.

- Meet & Talk**
Chat with local organisations, services and professionals who can support you and your family.
- Explore & Connect**
Browse a range of stalls with useful resources, products and services, all in one place.
- Support & Advice**
Get practical advice, ask questions and find out what's available in your local area.

Warrington SEND
Warrington, Advice & Support Service

Facebook: [@Warpac](https://www.facebook.com/Warpac)
Email: warrpac@gmail.com
Website: www.warpac.org



Warrington
Parents & Carers

Check-In & Chat

Warrington Parents & Carers SEND Forum

Warrington Parents and Carers is an independent, dedicated parent carer forum run by parents and carers of children and young people with Special Educational Needs and Disabilities (SEND).

Who Can Join?
Parents and carers of children and young people with SEND aged 0-25.
No diagnosis necessary.

When & Where?
Friday 9th October
Sandy Lane Family Hub WA2 9HY
10:00-12:00

What to expect
We're excited to welcome SENDIASS new manager, Laura Stokes-Hughes. Laura will be leading the service and supporting families across Warrington.

Refreshments
Tea, coffee and a relaxed space to chat.

Your voice matters!
A friendly space to talk, share and get support.
Come along, meet other parents and carers, and be part of a supportive community.

Please book via our website
www.warrpac.org/events

Together We Can Make a Difference
Support • Share • Connect
warrpac@gmail.com

Dates for your Diary Autumn Half Term 1	
1st – 31st October	ADHD Awareness Month
Monday 19th & Tuesday 20th October	Parents' Evenings for all classes Starbooks Reading Café open in the hall from 3:30pm
Monday 19th – Friday 23rd October	Book Fair after school in the hall
Friday 23rd October	School closes for half term
Half Term HAF Holiday Club at St Barnabas Monday 26th October – Friday 30th October 10am – 2pm	
Monday 2nd November	School Opens
Tuesday 3rd November	Nursery and Reception Stay and Play 2:15pm – 3pm
Thursday 5th November	Nursery Stay and Play 2:15pm – 3pm



MENU AUTUMN 2026

Menu Cycle Week One: 1st Sept, 21st Sept, 12th Oct, 2nd Nov, 23rd Nov, 14th Dec

Monday	Tuesday	Wednesday	Thursday	Friday
- Vegetarian Sausage roll with baked diced potatoes & beans - Jacket potato with cheese/tuna/beans	- Pork or Quorn sausage with Yorkshire pudding, creamed potatoes, carrots & peas - Jacket potato with cheese/tuna/beans	- Beef or vegetarian burger in a bun with baked diced potatoes & fresh salad - Vegetable fajitas with savoury rice & sweetcorn - Jacket potato with cheese/tuna/beans	- Barbecue chicken with baked wedged potatoes & sweetcorn - Vegetarian option served with baked wedged potatoes & sweetcorn - Jacket potato with cheese/tuna/beans	- Fish fingers - Crumb coated chicken - Served with chunky chipped potatoes & peas or baked beans - Jacket potato with cheese/tuna/beans
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Vanilla ice cream	Yoghurt	Orange jelly and fruit	Homemade blueberry cake/muffin	Homemade biscuit
Milk/water	Milk/water	Milk/water	Milk/water	Milk/water



MENU AUTUMN 2026

Menu Cycle Week Two: 7th Sept, 28th Sept, 19th Oct, 9th Nov, 30th Nov

Monday	Tuesday	Wednesday	Thursday	Friday
- Margarita pizza with baked jacket wedges & sweetcorn - Jacket potato with cheese/tuna/beans	- Chicken or Quorn Tikka Masala - Jacket potato with cheese/tuna/beans	- Pasta bolognaise (beef or vegetable) served with garden peas - Garlic and herb chicken pitta with vegetable rice & broccoli - Jacket potato with cheese/tuna/beans	- Brunch lunch (sausage, beans, hash brown, omelette) - Jacket potato with cheese/tuna/beans	- Battered fish - Crumb coated chicken - Served with chunky chipped potatoes & peas or baked beans - Jacket potato with cheese/tuna/beans
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Doughnut	Yoghurt	Arctic or chocolate ice cream	Raspberry jelly and fruit	Homemade biscuit
Milk/water	Milk/water	Milk/water	Milk/water	Milk/water



MENU AUTUMN 2026

Menu Cycle Week Three: 14th Sept, 5th Oct, 16th Nov, 7th Dec

Monday	Tuesday	Wednesday	Thursday	Friday
- Tomato & mascarpone pasta bake with seasonal vegetables - Jacket potato with cheese/tuna/beans	- Chicken or vegetable katsu curry served with rice - Jacket potato with cheese/tuna/beans	- Pizza (pepperoni/cheese) served with jacket wedges & salad - Sweet and sour chicken/quorn served with rice/noodle - Jacket potato with cheese/tuna/beans	- Pork or Quorn meatballs in tomato & basil sauce with pasta & peas - Jacket potato with cheese/tuna/beans	- Oven baked fish stars - Oven baked chicken poppers - Served with chunky chipped potatoes & peas or baked beans - Jacket potato with cheese/tuna/beans
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Strawberry ice cream	Yoghurt	Jelly and fruit	Vanilla and chocolate marble cake	Homemade biscuit
Milk/water	Milk/water	Milk/water	Milk/water	Milk/water

School Uniform

- Royal blue sweatshirt or cardigan with school logo
- Pale blue polo shirt
- Grey trousers or blue tartan skirt/pinafore
- Black shoes must be worn NOT boots please



PE Kit

St Barnabas CE Primary School and Nursery

School PE Uniform

- PE sports t-shirt with school logo, royal blue shorts or black/navy joggers/leggings & trainers.
- Children should come to school in full PE uniform on planned PE days.



Term Dates for the Academic Year 2026 – 2027

Term	First Half Term	Half Term Break	Second Half Term
AUTUMN	Wednesday 2 nd September to Friday 23 rd October	Monday 26 th October to Friday 30 th October inclusive	Monday 2 nd November to Friday 18 th December

Christmas Holiday Monday 21st December 2026 to Tuesday 5th January 2027 inclusive

Term	First Half Term	Half Term Break	Second Half Term
SPRING	Tuesday 5 th January to Friday 12 th February	Monday 15 th February to Friday 19 th February inclusive	Monday 22 nd February to Thursday 25 th March

Easter Holiday Friday 26th March to Friday 2nd April 2027 inclusive

Term	First Half Term	Half Term Break	Second Half Term
SUMMER	Wednesday 7 th April to Friday 28 th May	Monday 31 st May to Friday 11 th June inclusive	Monday 14 th June to Wednesday 21 st July

Closure Days

BANK HOLIDAY Monday 3rd May 2027

WARRINGTON WALKING DAY Friday 25th June 2027