



LATEST NEWS

18TH OCTOBER 2024

REMINDERS

Class Assemblies

Friday 25th October, 9:10am Snowdonia Class – Year 4

Half Term

Monday 28th October – Friday 1st November

INSET

Monday 4th November – School Closed



WORLD MENTAL HEALTH DAY

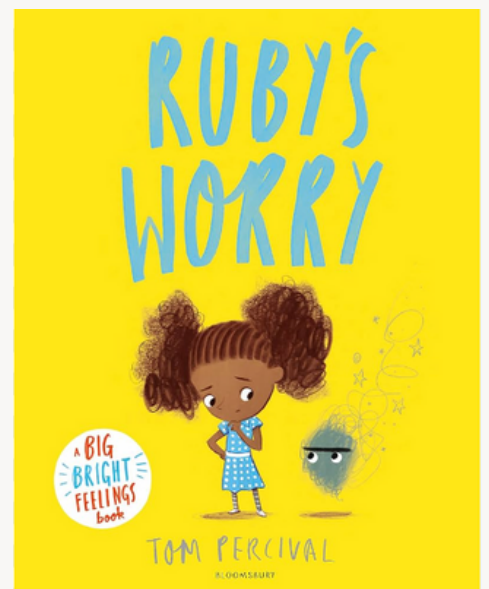
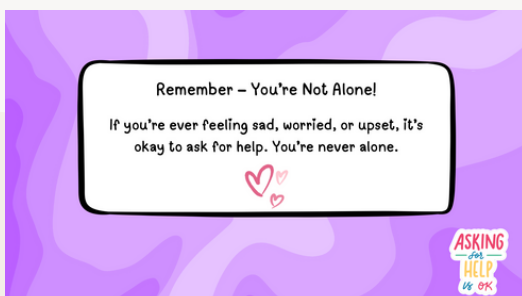


Last week, we marked World Mental Health Day with a series of assemblies. We explored what mental health is and the importance of taking care of our minds as well as our bodies.

The children all enjoyed listening to the story 'Ruby's Worry', a fantastic story about hidden worries and anxiety.

As part of the assembly and our ongoing work, we reminded the children about who they could talk to

if they have any worries and the importance of checking-in with others to see how they are feeling.





FOOTBALL NEWS



Well done to the Girls' Football team who played their first two matches this week against Oakthorpe and St Michael at Bowes. The first match ended 0-0 after some strong defending and superb goal-keeping. The action picked up in the second match resulting in a thrilling 3-3 draw. Well done, Girls! Thank you to everyone who went along to support and thank you to Andreas and Sophie for accompanying the girls to the fixture.



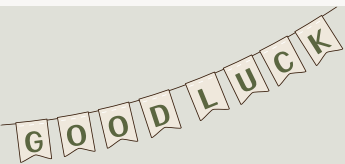
RECEPTION PHONICS MEETING



Reception parents are invited to a Phonics and Reading workshop on **Tuesday 22nd October at 9am** in the Lower Hall. The session will then be repeated again at **6pm** on this day. You may attend whichever session suits you best.

Please [click here](#) for more details.

We look forward to seeing lots of you there.



STAFFING UPDATE

Next week, we will be saying a very sad goodbye to Sophia (one of our Lunchtime and After School Club Playleaders). We would like to thank Sophia for all her hard work, support and commitment to our Lunchtime and After School Club provisions. Although we are saying goodbye to Sophia, we will be staying in contact with her, as she may be available to cover in the event of a playleader's absence. Sophia, we wish you all the best!

SECONDARY SCHOOL APPLICATIONS

A reminder that the deadline for Secondary School applications is **Friday 31st October 2024**.

All applications must be submitted online at [eAdmissions](#). Applications received after this date will be treated as late applications.

Please visit our [Secondary Transfer 2025](#) section on the Bowes website for lots of useful information.



KEEPING CHILDREN SAFE



Following on from our **World Mental Health Day** work last week, both the **NSPCC** and **Young Minds** websites have dedicated pages to support parents in supporting a child who may have depression or anxiety.

Signs of depression in children can include:

- ongoing low mood or lack of motivation
- not enjoying things they used to like doing
- becoming withdrawn and spending less time with friends and family
- experiencing low self-esteem or feeling like they are 'worthless'
- feeling tearful or upset regularly
- changes in eating or sleeping habits.

Please click the images to visit the support pages



NSPCC

Signs of anxiety in children can include:

- becoming socially withdrawn and avoiding time with friends or family
- feeling nervous or 'on edge' a lot of the time
- having panic attacks
- feeling tearful, upset or angry
- having trouble sleeping
- changes in eating habits



YOUNGMINDS

DIARY DATES 2024/25

25th Oct 2024	Snowdonia Class Assembly, 9:10am
28th Oct – 1st Nov	Half Term
4th Nov 2024	INSET – SCHOOL CLOSED
11th – 15th Nov	Year 6 School Journey
20th Nov 2024	Individual Photographs
20th Dec 2024	School Ends
6th Jan 2025	School Starts
27th Jan 2025	INSET – SCHOOL CLOSED
17th – 21st Feb	Half Term
21st Mar 2025	INSET – SCHOOL CLOSED
4th Apr 2025	School Ends
22nd Apr 2025	School Starts
5th May 2025	BANK HOLIDAY – SCHOOL CLOSED
26th – 30th May	Half Term
30th Jun 2025	INSET – SCHOOL CLOSED
22nd Jul 2025	School Ends

HALF TERM

We will soon be heading into the half-term break (28th Oct - 1st Nov) and we will return on **Tuesday 5th November** after our **INSET day** on **Monday 4th November**.

Friends of Bowes



Please continue reading for the latest news from our Friends of Bowes PTA.



What's happening...

WELCOME EVENING

LAST FRIDAY WE HELD THE WELCOME EVENING FOR NURSERY AND RECEPTION PARENTS/ CARERS. WE HAD A NEW MR MARVEL WHO WAS A HUGE HIT. THANK YOU TO ALL WHO HELPED MAKE THE NIGHT A SUCCESS!



ASDA REWARDS

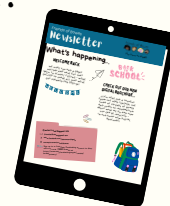
HELP BY SHOPPING USING YOUR ASDA REWARDS - OPT IN TO CASHPOT FOR SCHOOLS AND SELECT OUR SCHOOL. READ ON FOR MORE INFO...



IN CASE YOU MISSED IT...

CLICK BELOW TO SEE OUR AMAZING DIGITAL BROCHURE. DO YOU KNOW A LOCAL BUSINESS WHO WOULD LIKE TO ADVERTISE IN OUR NEXT BROCHURE OR ON OUR PTA EVENTS WEBSITE? IF SO, PLEASE ASK THEM TO GET IN TOUCH. OUR RATES ARE VERY REASONABLE!

CLICK HERE



Upcoming Events...

- FRIDAY 25 OCTOBER - HALF-TERM DONUT SALE
- 22 NOVEMBER - Y6 BAKE SALE
- 1 DEC WINTER FAIR
- 13 DECEMBER Y4 BAKE SALE
- 17 JAN Y3 BAKE SALE



WE ❤️ THE BOWES SCHOOL COMMUNITY!

Contact & Support Us

✉ friendsofbowes@gmail.com

📷 Follow us @friendsofbowespta

📺 www.facebook.com/fobnewsouthgate

🌐 www.pta-events.co.uk/bowes

🛒 Sign up to a free Easy Fundraising account to shop online at over 7000 brands at <https://www.easyfundraising.org.uk/causes/bowesprimary/>



Are you a coffee lover? Then sign up to a subscription with Curb Coffee & they will donate 10% of sales. [Click here](#)



INTRODUCING CASHPOT FOR SCHOOLS

Download and opt-in with Asda Rewards
and we will donate **££s** to schools.

**CASHPOT
FOR
SCHOOLS**

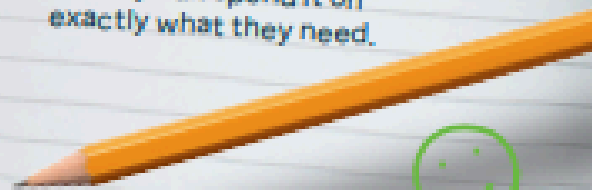


With
Parentkind



Here's HOW:

- 1** Download the Asda Rewards app and opt-in to Cashpot for Schools.
- 2** Choose your primary school
- 3** Shop in-store across Asda & George, and scan your Asda Rewards app at the checkout.
- 4** Shopping online? Simply log in to Asda.com using the same details as your Asda Rewards account.
- 5** We'll do the rest!
We donate ££s to your chosen school every time you shop, so they can spend it on exactly what they need.



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Sign up to support **Friends of Bowes Primary School - New Southgate** for free on #easyfundraising today.

Sign up before midnight on 31st October, and you'll enter us into a giveaway to win **£300**.

Once you've signed up you can raise free donations for them when you shop online with over 8,000 retailers.

