

Parent email update 8: Spring 1 19th January 2024

Dear Parents/Carers,

We have had an extremely cold start to the Spring Term but have had glimpses of sun and Spring flowers to bring a smile. We are proud of everyone in school who has had to dig deep over the cold early starts and motivate themselves to attack January!

To celebrate...

After-school Clubs in Spring Term

We are pleased to see so much enthusiasm and enjoyment with our new Club programme. As always, we have been overwhelmed with response and would like to reassure that we have reserve lists where needed. We will contact parents/carers if spaces become available.

To update...

School Website

We confirm that all Class pages have been updated for the Spring Term; please have a read and check your child's Long Term Plan for curriculum content (at bottom of class page).

UK Health Security Agency (UKHSA) update

We copy the latest advice for parents/Carers:

'As levels of winter illnesses including flu, COVID-19 and norovirus continue to rise, Parents/Carers are urged to take simple steps to give their children the best start to the new school term and protect their communities

The UK Health Security Agency (UKHSA) is reminding parents of 5 simple steps they can take to reduce viruses spreading in the community – helping their children make a healthy start to the year and minimising the impact of illness on attendance as schools head back and parents return to work.

Teach good hygiene habits

Encouraging good hand-washing habits is one of the most effective ways to stop the spread. Regularly wash hands in soap and warm water for 20 seconds or use hand sanitiser when convenient.

Using a tissue to catch coughs and sneezes, binning it and then washing hands will help prevent infection from spreading.

Our [e-bug](#) resources for all ages can help you to explain and discuss hygiene habits – and why they are important – to your child or teenager.

Stopping the spread of stomach bugs

Along with rising cases of norovirus, UKHSA has also been seeing higher levels of other gastrointestinal infections, such as Shiga toxin-producing E.coli.

If you or your child have diarrhoea and vomiting, washing your hands with soap and warm water and using bleach-based products to clean surfaces will help stop infections from spreading. Don't prepare food for others if you have symptoms or for 48 hours after symptoms stop.

If you are unwell, you should avoid visiting people in hospitals and care homes to avoid passing on the infection to those more vulnerable in these settings. Do not return to work, school or nursery until 48 hours after your symptoms have stopped.

Spot the signs of when to keep your child at home

While children are encouraged to stay in education or childcare with symptoms such as a runny nose, sore throat or slight cough (if otherwise well and do not have a high temperature), children should stay home from school or nursery if they're displaying the following symptoms:

If your child has a fever and is unwell, they should stay home from school or nursery until the fever has passed and they are well enough to attend.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for at least 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

At this time of year, other types of illnesses that circulate are scarlet fever and chickenpox, as cases usually peak in late winter and early spring.

Symptoms of [scarlet fever](#) include sore throat, fever, swollen neck glands, a bumpy rash on the tummy, flushed cheeks and 'strawberry tongue'. If you suspect your child has scarlet fever, contact your local GP; and if diagnosed stay away from nursery or school for 24 hours after the first dose of antibiotics.

Chickenpox is highly contagious, with the most common symptom being an itchy, spotty rash. If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

Get vaccinated

Vaccination offers the best protection against flu and is given as a quick and painless nasal spray for children. However, vaccine uptake amongst pre-school children is one of the lowest, despite the illness being more serious for this age group in some cases.

Children eligible for the flu vaccine include:

- children aged 2 to 3 years old on 31 August in 2023
- all primary school-aged children (reception to year 6)
- secondary school-aged children (year 7 to year 11)
- children aged 6 months and older with long-term health conditions

Similar to the flu vaccine, there has been a drop in uptake of routine childhood immunisations, which protect children against diseases such as measles, mumps,

rubella, diphtheria and polio. You can take a look at the [childhood vaccination schedule](#) to make sure your child is up to date with all their vaccinations.

Use NHS resources

NHS UK provides easily accessible guidance for parents to [help manage winter illness at home](#).

Vacancies

We currently have the position of Clerk to Governors on our school website.

School Crossing in the Spring Term 24

We thank Parents/Carers for ensuring they walk with their children to/from school and supervise them as they cross the road. As an additional provision, we have organised a road safety talk for all children on Monday 5th February.

Dates in the diary

W/b Mon 5th Feb	Children's Mental Health Week
Mon 5th Feb	Road Safety Talk
Tues 6th Feb	Safer Internet Day
Fri 9th Feb	Break up for Half Term
W/b Mon 12th Feb	Half Term
Mon 19th Feb	School returns
Tues 20th Feb	Year 6 Heights & Weights Check
Thurs 7th Mar	World Book Day – children may choose to dress up as a Book Character
W/b Mon 11th Mar	Parent Appointments
Fri 15th Mar	Red Nose Day – children may choose to dress up/attend in non-uniform for a voluntary donation
W/b Mon 18th Mar	Year 3 & 4 Production (More info to follow)
Wed 20th Mar	Year 5 WOW Day at Stanchester
Wed 27th Mar	Break up for Easter
Thurs 28th Mar	INSET
Fri 29th Mar – Fri 12th April	Easter Holiday
Mon 15th April	School returns for Summer Term