



### St Mary's Catholic Primary School

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School Business Manager: Suzanne Evans

## St Mary's Catholic Primary School

### Friday 18<sup>th</sup> June 2021

#### Year 4 Experiential Day

On Wednesday, we became archaeologists by digging and looking for artefacts. We started off by using grid references to find certain treasures and objects that we recorded in our own special archaeology books. Some of the children even found golden rings belonging to Kings. We then made peasant porridge and we enjoyed a cup of tea in the shade after all of that digging. In the afternoon we resumed our role of archaeologists using torches, spades and brushes to find a range of Shang Dynasty artefacts that we then tried to restore back to their original shape and condition to help us to describe the actions of people in the past. We had a great day becoming archaeologists and finding out about the past.





# Coronavirus update from Telford and Wrekin Council

## 17 June 2021

### Cases rise for third week in a row

Ninety-nine new cases have been reported between 7 June – 13 June. Eight more than the previous seven-day period.

We are above the regional average but below the national average.

No residents have died within 28 days of a positive Covid-19 test in the past week. Two patients with Covid-19 were in a local hospital as of 13 June.

Local health leaders warn that Coronavirus has not gone away, and we must all play our part to keep cases low and everyone safe.

Local health leaders are asking people to get vaccinated and help prevent the spread of the virus so restrictions can lift.

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### Take up your vaccination

With cases rising locally and nationally, we need to vaccinate as many people as possible.

Make sure you get vaccinated twice, as two doses provide much greater protection than one.

39,000 people aged 20 or over have not yet received their first vaccination in Telford and Wrekin.

It is also crucial to get tested when you have symptoms to help slow the spread.

As a council, we are asking everyone In Telford and Wrekin to get a PCR Test if you have 'precautionary symptoms.'

Precautionary symptoms include symptoms such as a **runny nose, sore throat or headache**. Our website has more information on [precautionary testing](#).

We are doing everything we can so restrictions can be lifted as soon as possible.

You can help by getting vaccinated and getting tested.

Thank you to everyone who has been vaccinated so far. Each one protects you and those around you.

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**Getting tested twice a week**

Even if you have no symptoms and even if you have been vaccinated, you can still carry the virus without knowing and spread it to others.

Around 1 in 3 people with COVID-19 do not have symptoms.

### **HOME TEST KITS COLLECTION POINTS:**

- [Find your nearest collection point](#)
- [Order test kits online](#)

### **ASSISTED TESTING:**

- Assisted testing will continue to be provided at a range of local pharmacies by appointment only  
[Book an appointment](#)

This is to help you access home test kits to Check for Covid twice a week.

Even if you have no symptoms and even if you have been vaccinated, you can still carry the virus without knowing and spread it to others.

Around 1 in 3 people with COVID-19 do not have symptoms.

### **HOME TEST KITS COLLECTION POINTS:**

- [Find your nearest collection point](#)
- [Order test kits online](#)

### **ASSISTED TESTING:**

- Assisted testing will continue to be provided at a range of local pharmacies by appointment only  
[Book an appointment](#)
- From 12 June, assisted testing will close at the following sites:
  - The Place, Oakengates
  - The Anstice, Madeley
  - Cosy Hall, Newport

Anyone with [main or precautionary Covid-19 symptoms](#), however mild, should [book a free PCR test](#).

## Sun Safety

We kindly ask that parents ensure that your child is equipped with a sunscreen that is clearly labelled with your child's name unless you apply sunscreen that lasts for the entire school day before sending your child in.

It is recommended that all sunscreen provided by parents should have a minimum Sun Protection Factor (SPF) 30+, be 'broad-spectrum' to provide both UVA and UVB protection and if labelled with a UVA star rating, carry a minimum of 4 stars



We ask that parents also ensure their child has access to a suitable sun hat with them. Sun hats should be either broad brimmed (bucket style) or legionnaire to shade the face, neck and ears. Baseball caps are not recommended.

Thank you

**Diocese of Shrewsbury in partnership with Telford and Wrekin LA**

**Lunchtime Supervisor - Scale 1 (Temporary 12 month post)**

Term time only, required to start on Monday 6<sup>th</sup> September 2021 for 6.25 hours per week (1 hour 15 minutes per day). We are looking for a lunchtime supervisor to assist our current team in securing the safety and welfare of our children during lunchtime. You will support the children by taking a lead in developing good behaviour through leading play activities and ensuring they have a positive lunchtime experience. Previous experience is not necessary but you will need to be reliable and committed, have an interest in working with children and be a good role model for the children by demonstrating qualities of compassion, trustworthiness and politeness.

To Apply

Application forms can be collected from the school or online at WMJobs and should be returned direct to the school for the attention of Suzanne Evans – School Business Manager or by email at [suzanne.evans@taw.org.uk](mailto:suzanne.evans@taw.org.uk). The appointment will be subject to enhanced DBS clearance for the successful applicant.

Closing date: Wednesday 7<sup>th</sup> July 2021 @ 12.00 noon

Interview date: Monday 12<sup>th</sup> July 2021

## **Head lice and nits**

We have not had a case of head lice reported to us in a very long time but head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Check if it's head lice



Head lice are small insects, up to 3mm long

Credit:

They can be difficult to spot in your hair



Head lice eggs (nits) are brown or white (empty shells) and attached to the hair

Credit:

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

Important

You can treat head lice without seeing a GP.

Treat head lice as soon as you spot them.

You should check everyone in the house and start treating anyone who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing. You should try this method first.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice.

They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.

**Some treatments are not recommended because they're unlikely to work.**

**For example:**

- **products containing permethrin**
- **head lice "repellents"**
- **electric combs for head lice**
- **tree and plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies**

**Information:**

**You cannot prevent head lice**

**There's nothing you can do to prevent head lice.**

**You can help stop them spreading by wet or dry combing regularly to catch them early.**

**Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.**

**There's no need for children to stay off school or to wash laundry on a hot wash.**

# Time for Bed?

## Why You Need Sleep

The average child has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

## Time for Bed

Don't forget ... most children between the ages of 5 and 12 need 10 to 11 hours of sleep each night.

## Your Brain Needs Zzzzzs

Your body and your brain need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most children between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some children need more than others.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an argument with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system — which keeps you from getting sick.

# The Stages of Sleep

As you're drifting off to sleep, it doesn't seem like much is happening . . . the room is getting fuzzy and your eyelids feel heavier and heavier. But what happens next? A lot!

Your brain swings into action, telling your body **how** to sleep. As you slowly fall asleep, you begin to enter the five different stages of sleep:

## **Stage 1**

In this stage of light sleep, your body starts to feel a bit drowsy. You can still be woken up easily during this stage. For example, if your sister pokes you or you hear a car horn outside, you'll probably wake up right away.

## **Stage 2**

After a little while, you enter stage 2, which is a slightly deeper sleep. Your brain gives the signal to your muscles to relax. It also tells your heart to beat a little slower and your breathing to slow down. Even your body temperature drops a bit.

## **Stage 3**

When you're in this stage, you're in an even deeper sleep, also called slow-wave sleep. Your brain sends a message to your blood pressure to get lower. Your body isn't sensitive to the temperature of the air around you, which means that you won't notice if it's a little hot or cold in your room. It's much harder to be awakened when you're in this stage, but some people may sleepwalk or talk in their sleep at this point.

## **Stage 4**

This is the deepest sleep yet and is also considered slow-wave sleep. It's very hard to wake up from this stage of sleep, and if you do wake up, you're sure to be out of it and confused for at least a few minutes. Like they do in stage 3, some people may sleepwalk or talk in their sleep when going from stage 4 to a lighter stage of sleep.

## **R.E.M.**

R.E.M. stands for rapid eye movement. Even though the muscles in the rest of your body are totally relaxed, your eyes move back and forth very quickly beneath your eyelids. The R.E.M. stage is when your heart beats faster and your breathing is less regular. This is also the stage when people dream!

While you're asleep, you repeat stages 2, 3, 4, and R.E.M. about every 90 minutes until you wake up in the morning. For most children, that's about four or five times a night. Who said sleep was boring?

## Dream a Little Dream

You're walking down the street and you pass a monkey eating a donut. Suddenly you're in school — but why does your teacher have such big teeth?

No, this isn't a scene from a scary movie — it's a dream!

People dream during R.E.M. sleep, the period that follows the deepest stage of sleep. Everybody has dreams, although some people have a tough time remembering them. When you wake up can affect whether you can remember your dreams. If you wake up during R.E.M. sleep, you might remember everything about your dream. If you wake up during another stage of sleep, you might not remember a thing.

No one knows for sure why people dream. Many scientists today think that dreams are linked to how our brains organize memories and emotions. Some scientists think that dreams are your brain's way of making sense of what happened during the day. Others think that dreams allow your brain to sort through the events of the day, storing the important stuff and getting rid of the junk. Some scientists say that dreams are a clue to what you're worried about or thinking about.

## How to Catch Your ZZZs

For most children, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed at the same time every night; this helps your body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't have a TV in your room. Research shows that children who have one in their rooms sleep less. If you have a TV, turn it off when it's time to sleep.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to associate your bed with sleep.

If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell your mom or dad. They can help you solve your sleep problems. In fact, just talking about it with them could help you relax just enough (yawn) that you'll be ready to sleep. Zzzzzzzzzzzzzzzzzzzzz.

## Dates for the Diary

Week Beginning	Activity
21 <sup>st</sup> June	24th June Year Five Curriculum Activities Day **Date change
12 <sup>th</sup> July	13 <sup>th</sup> and 14 <sup>th</sup> Whole School Olympics Days for the children only. 15 <sup>th</sup> Whole School Picnic on the field
19 <sup>th</sup> July	Year Six Leaver's Days 20 <sup>th</sup> July Break-up for the Summer Holidays