

St Mary's Catholic Primary School

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Newsletter

11th November 2022



Influenza Immunisation

This autumn term all primary school-aged children in England (from Reception class to Year 6) will be offered a flu vaccination by the NHS school-aged immunisation service. Delivering the programme through schools makes it more accessible to pupils which results in higher uptake levels.



Flu is an unpredictable virus that can kill thousands of people during a flu season. The flu vaccine is the best defence we have against it. Vaccination of children is based on the recommendation of the Joint Committee on Vaccination and Immunisation (JCVI), the independent expert advisory group that advises government on vaccination.

The benefits include protection against flu for the children who receive the vaccine and reduced transmission of flu in the community. This is because children play a key role in the transmission

of flu, including to those who may be at higher risk from the complications from flu such as the elderly.

There have been very low levels of flu activity in the last 2 years because of the measures that were in place to reduce coronavirus (COVID-19) infections, such as social distancing and mask wearing.

This means that there may be a rebound in flu levels this coming winter because people will be mixing more and they may also be more susceptible to flu as they have not been exposed to the virus. Flu vaccination plays an important part of the government's wider winter planning to reduce illness from flu, and therefore the potential impact on the NHS.

Nurses will be in school on Thursday 24th November, please return your slips as soon as possible. Thank you.

Emily Harrison

We are sorry to tell you that Miss Harrison will be leaving us on Friday 2nd December for pastures new. We will be very sorry to lose Miss Harrison as she has made a wonderful contribution to the early years at our school.

Anti-Bullying Week is next week

This year we are holding Odd Socks Day with the support of Andy Day, CBeebies and CBBC star and front man of Andy and the Odd Socks. Odd Socks Day is a chance for schools to celebrate Anti-Bullying Week in a positive way by asking pupils and staff to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you have to do to take part is wear odd



socks, it could not be simpler!



Is my child too ill for school?

****Please note that children should not attend school for 48 hours after their last bout of sickness or diarrhoea. Recently, we have had several children sent into school poorly or returned before the 48hr period has ended. Sickness and diarrhoea spreads so quickly in primary schools if this rule is not adhered to.**

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a high temperature, keep them off school until it goes away.

Chickenpox

If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a cold sore.

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Coronavirus (COVID-19)

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

If they have mild symptoms and they feel well enough, they can still go to school after 3 days.

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

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

You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP.

Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome, because once the rash appears, they're no longer infectious.

If you suspect your child has slapped cheek syndrome, take them to see a GP and let their school know if they're diagnosed with it.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You don't need to keep your child off school if they have threadworms.
Speak to your pharmacist, who can recommend a treatment.
Vomiting and diarrhoea

FORGIVENESS is...

Forgetting the hurts

Offering a new beginning

Restoring a friendship

Given and received

Identifying responsibility

Valuing the truth

Ending an argument

Not holding a grudge

Encouraging honesty

Saying sorry

Starting again.

Our school's menu can be viewed here:

https://www.telford.gov.uk/downloads/file/388/st_marys_primary_school_menu



13th November School invited to attend church **Father Michael has requested this is moved to 20th	
14 th November Wolverhampton Art Gallery Yr 5/6 trip (Mrs Lambie's) Anti-bullying week	
First Sunday in Advent 20 th Church mass at St Mary's 11am 21 st November Year 5/6 Trip to Wolverhampton Art Gallery (Miss Carver's) Year 6 STAR project with PC Jolly	
30 th November St Andrews Day	
6 th December KS2 morning and afternoon performances 8th December KS1 morning and afternoon performances	Christmas performances are back! Tickets will be free but limited to two per showing.
Christmas Crafts Week 14 th December Christmas Dinner and Christmas jumper day 16 th December Break-up	Children can wear a Christmas jumper or something they love.
Tuesday 4 th January 2022 Children return to school	