



**St Mary's Catholic Primary School**

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## **St Mary's Catholic Primary School**

### **Friday 15th December 2022**



#### **Mini-Vinnies**

**Thank you for your kind donations toward our Mini-Vinnies Fund Clubs. In total we have raised 344.55. The St Vincent de Paul (SVP) Society of which**

our Mini-Vinnies are a part, have actively helped 20 of our own families this term. Every penny raised is much appreciated.

## Clubs

Clubs will re-start two weeks after we return in January. There will continue to be no charge for clubs next year.

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## Concerned about a child over Christmas?

We are all responsible for reporting concerns about a child's welfare. Don't wait until you're certain, if you are worried about a child, call Family Connect now:

- 01952 385385 option 1
- 01952 676500 (out of hours)



For more information about Safeguarding Children please visit the [Telford & Wrekin Safeguarding Partnership website](#).

For more information about Child Exploitation please visit our [Children Abused Through Exploitation \(CATE\)](#) page.

## If a child is in immediate danger - always dial 999

### Report a criminal offence

If you believe a criminal offence has been committed, you can contact West Mercia Police on 101.

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## Christmas Dinner

Christmas Dinner was a huge success, enjoyed by all. The children tucked-in to a meal of turkey, baton carrots, sprouts, pigs in blankets, broccoli, cauliflower cheese, cranberry sauce, and gravy. This was followed by a choice of mincemeat turnover or Christmas pudding with cream, or a Christmas tree iced biscuit, watermelon, fruit salad, Gingerbread man, or cupcake. They were all so excited to have Wham on in the background and to be served by all our teaching staff.

Unfortunately due to deliveries the kitchen are unable to provide a roast dinner on the 4<sup>th</sup> of January instead they will prepare pizza with the normal menu resuming from Thursday 5<sup>th</sup> of January.

### Scarlet Fever and Chicken Pox

*We have not had any further cases of scarlet fever, but we have had a case of chicken pox. Here is the advice for both illnesses from Public Health for parents.*

#### Chickenpox (varicella) and shingles

*Chickenpox is a mild and common childhood illness that most children catch. Chickenpox is most common in children under the age of 10. Nine out of 10 adults are immune because they had chickenpox during childhood. Children usually catch chickenpox in winter and spring, particularly between March and May.*

*Chickenpox has a sudden onset with fever, runny nose, cough and a generalised rash. The spotty rash starts with fluid filled blisters which then scab over and eventually drop off. Some children have only a few spots, but other children can have spots that cover their entire body. In most children, the blisters crust up and fall off naturally within one to 2 weeks.*

*Chickenpox in children is considered a mild illness. There is no specific treatment but there are pharmacy remedies that may alleviate symptoms. These include paracetamol to relieve fever, and calamine lotion and cooling gels to ease itching.*

*Chickenpox tends to be more severe in adults and they tend to have a higher risk of developing complications.*

*Some children and adults are at higher risk of serious problems if they catch chickenpox, including:*

- *pregnant women*
- *newborn babies*
- *people with a weakened immune system*

*These people should seek medical advice as soon as they are exposed to chickenpox or if they develop chickenpox symptoms. They may need a blood test to check if they are protected from (immune) chickenpox.*

*Shingles presents as a blistering rash in the area supplied by the affected nerve, usually only one side of the body. It can be very painful. Most people recover fully. There is often altered sensation before the rash appears, accompanied by 'flu like' symptoms.*

*Chickenpox is highly infectious and spreads by respiratory secretions or by direct contact with fluid from blisters.*

*Direct contact with fluid from the blisters of a person that has shingles can cause chickenpox in someone who has never had it before.*

*People with chickenpox are generally infectious from 2 days before the rash appears and until all blisters have crusted over (usually 5 to 6 days after the start of the rash).*

*Note that symptoms may present differently dependent on the skin tone. This guidance is not intended to act as a diagnostic tool. If concerned, refer to a clinician and follow appropriate and proportionate measures in the meantime.*

*Advice for parent, caregiver or individual:*

- *seek immediate medical advice if the individual is seriously ill or if they develop any abnormal symptoms such as:*

- *the blisters becoming infected*
- *a pain in their chest or difficulty breathing*
- *avoid contact with other people for at least 5 days from the onset of the rash and until all blisters have crusted over (if chickenpox) or can be covered (shingles)*

### **Scarlet Fever**

*Scarlet fever (sometimes called scarlatina) is an infectious disease caused by bacteria called Streptococcus pyogenes, or group A streptococcus (GAS). The same bacteria can also cause impetigo.*

*Scarlet fever is characterised by a rash, which usually accompanies a sore throat. Bacteria that cause the infection produce toxins (poisons), which cause the rash, a red and swollen tongue and flushed cheeks. The scarlet fever rash can be confused with measles.*

*Scarlet fever is mainly a childhood disease and is most commonly seen between the ages of 2 and 8 years. Although historically considered a dangerous disease, it is now much less serious. Since 2014, a rise in numbers of cases has been seen with 15,000 to 30,000 cases currently diagnosed each year in England.*

*Scarlet fever is highly contagious and is spread by close contact with someone carrying the bacteria. It takes around 2 to 5 days to develop symptoms after exposure to these bacteria.*

*If you think you or your child has scarlet fever, you should consult your GP. The disease tends to be most common in the winter and spring and the treatment consists of a course of antibiotics.*

#### *Protection from scarlet fever*

*Scarlet fever is spread via the mucus and saliva of infected people. It can also be caught from sharing drinking glasses, plates or utensils they have used. To protect yourself from getting the illness you should:*

- *wash your hands often*
- *not share eating utensils with an infected person*
- *wash, or dispose of, handkerchiefs and tissues contaminated by an infected person*
- *be aware that you can catch scarlet fever by inhaling contaminated airborne droplets, if someone with the illness coughs or sneezes in the air near you.*

*If you think you, or your child, have scarlet fever:*

- *see your GP or contact NHS 111 as soon as possible*
- *make sure that you/your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must*

*complete the course to ensure that you do not carry the bacteria in your throat after you have recovered*

- *stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection*

*You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues or handkerchiefs should be washed or disposed of immediately.*

### **Symptoms**

#### **Scarlet fever symptoms:**

- *the first symptoms of scarlet fever often include a sore throat, headache, fever, nausea and vomiting.*
- *after 12 to 48 hours the characteristic fine red rash develops (if you touch it, it feels like sandpaper). Typically, it first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the rash may be harder to spot, although the 'sandpaper' feel should be present*
- *fever over 38.3° C (101° F) or higher is common*
- *white coating on the tongue, which peels a few days later, leaving the tongue looking red and swollen (known as 'strawberry tongue')*
- *swollen glands in the neck*
- *feeling tired and unwell*
- *flushed red face, but pale around the mouth. The flushed face may appear more 'sunburnt' on darker skin*
- *peeling skin on the fingertips, toes and groin area, as the rash fades*

*It usually takes 2 to 5 days from infection before the first symptoms appear. However, the incubation period may be as short as 1 day and as long as 7 days.*

*Scarlet fever usually clears up after a week, but it is advisable to visit your GP to get a full diagnosis and proper treatment.*

### **Getting scarlet fever**

- *Scarlet fever is highly contagious. Bacteria are present in the mouth, throat or nose of an infected person, or someone carrying the bacteria without symptoms, and are spread by contact with that person's mucus or saliva. This might be on cups, plates, pens, toys or surfaces, such as tables which might have been used or touched by someone carrying the bacteria. You can also catch the disease by breathing infected airborne droplets produced by a person's coughing, sneezing or normal breathing.*

### **Individuals at risk**

*Scarlet fever is mainly a childhood disease, with around 90% of cases occurring in children under 10 years old. It is most common in children between the ages of 2 and 8 years, with 4-year-olds most likely to develop the illness. Occasionally, outbreaks of scarlet fever occur in nurseries and schools. People of all ages can catch scarlet fever, but the disease is much less common in adults.*

## ***Diagnosis and treatment***

***Most cases of scarlet fever will clear up on their own, but it is still best to see your GP if you, or your child, are showing symptoms. Having treatment for the illness speeds recovery and reduces risk of complications. You will also become non-contagious more quickly.***

***In most cases, doctors can diagnose scarlet fever from the symptoms alone. The diagnosis can be confirmed by taking a throat swab, which is then sent to a laboratory to identify the bacteria causing the infection. In some cases, a throat swab is not enough and a blood test may be needed.***

***The usual treatment for scarlet fever is a 10-day course of antibiotics. The fever will usually subside within 24 hours of starting this, but it is important to take the whole course to completely clear these bacteria from your throat and protect others from becoming infected.***

***If scarlet fever is not treated with antibiotics, it can be infectious for 2-3 weeks after symptoms appear. Provided all prescribed antibiotics are taken as directed, most cases will not infect other people after 24 hours of treatment. Current guidance advises that children should not return to nursery or school and adults to work until a minimum of 24 hours after starting antibiotic treatment.***

***If you have a high temperature you should drink plenty of fluids. You can also take paracetamol or ibuprofen to relieve discomfort.***

***Once you have had scarlet fever you are less likely to get it again.***

## ***Potential complications***

***Most cases of scarlet fever have no complications at all. However, in the early stages, there is a small risk that you might develop one of the following infections caused by the same bacteria (GAS) responsible for scarlet fever:***

- ***ear infection***
- ***throat abscess***
- ***pneumonia***
- ***inflammation of the sinuses (sinusitis)***
- ***skin/soft tissue infection (cellulitis)***
- ***joint inflammation (arthritis)***
- ***septicaemia***
- ***meningitis***

***Household contacts of scarlet fever patients are also at risk of developing scarlet fever or other infections caused by the same bacteria (see list above) and should seek medical advice if they develop new symptoms of concern.***

***On rare occasions, patients with scarlet fever can at a later stage of the disease develop:***

- ***bone or joint problems***
- ***liver damage***
- ***kidney damage***

- *heart damage*

*Patients, or their parents, should keep an eye out for any symptoms which might suggest these complications in the first few weeks after the main infection has cleared up and, if concerned, seek medical help immediately.*

#### **Further information**

*If you would like more information about scarlet fever, please visit the NHS.uk website:  
[www.nhs.uk/conditions/Scarlet-fever/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Scarlet-fever/Pages/Introduction.aspx).*

*If you have any concerns about your health, see your GP or contact NHS 111.*

## Coping at Christmas

### Coping with money worries



It can be tough to cope with the financial pressures of Christmas. This can be especially difficult if you're already struggling with money. And for many of us, the recent rises in costs of living will have made things even harder.

How you cope with the costs of Christmas will depend on your circumstances. So some of these tips might not be realistic for your situation. But it may help to try these ideas:

- Access support. Make sure you're claiming any extra money or support you're entitled to. Citizens Advice has information on how to get help if you're struggling to pay your bills. And you could call Trussell Trust's free helpline for advice on accessing financial support.
- Make lists, plans or a budget. Noting things down can sometimes make things feel a bit more manageable or help us think more clearly. Creating a budget could also help you feel more in control of what you can spend. See our page on organising your finances for more tips. You could also use Money Helper's free online budget planner.
- Be open with others. It can be hard to talk about money. But being honest with others can help. You may be able to agree on ways you can make Christmas plans free or low cost. Or they might be able to offer other kinds of support. Step Change's festive support has information on talking to other people about money worries.
- Look for local offers or events. Local organisations, such as charities and community centres, may have free or low-cost events for Christmas. Or they may be able to offer support with things like gifts or food. You can search for local events and activities on the Reengage website.
- Look for free or low-cost items online. You may be able to find free items to use as gifts or decorations online, through social media and websites like Freecycle.

- Try to avoid comparisons with the Christmas you see in adverts and social media. These often do not reflect reality and can make us feel bad about ourselves. It may help to take breaks from social media.
- Be kind to yourself. Money worries can have a big impact on our mental health. They might make us feel worried, embarrassed, or angry. And they can affect our self-esteem. Try not to blame yourself for your situation or how you're feeling about it.

### Looking after yourself

- Be gentle and patient with yourself. It might help to think about what is best for your wellbeing during Christmas, and prioritise what you need.
- Remind yourself that it won't last forever. You could set a 'start' and 'finish' time for what you count as Christmas.
- Set your boundaries. Try to say no to things that aren't helpful for you.
- Let yourself experience your own feelings. Even if they don't match what's going on around you, they're still valid. For example, if you don't feel like celebrating Christmas when everyone else does.
- Take time out. Do something to forget that it's Christmas or distract yourself. For example, you could watch a film or read a book that's set in the summer. Or you could try learning a new skill.
- Let yourself have the things you need. For example, if you need to take a break instead of doing an activity, or need a little bit of quiet time.
- If you can't avoid doing something difficult, plan something for yourself afterwards to help reduce the stress or distress you might feel.
- I don't really celebrate Christmas and always enjoy taking the day as time just for me, a whole day of self-care.

### Planning ahead

Think about what might be difficult about Christmas for you, and if there's anything that might help you cope. It might be useful to write this down. For example:

- If you sometimes experience flashbacks, panic attacks or dissociation, make a note of what helps during these moments, and keep it with you.
- If you're going to be somewhere unfamiliar for Christmas, think about what you need to help you cope. Are there things you can bring to make you feel more comfortable? Or is there somewhere you can go to take a break?
- Certain places may feel very uncomfortable for you, for example if they bring back difficult memories. Could you plan to spend less time in difficult places, or not go at all? Are there any reasons that you could stay away?
- Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours. Our page of useful contacts lists some organisations who can help.
- If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example, this might be doing something creative or spending time in nature. See our pages on relaxation for more ideas.

- If you are in hospital or a care home, see what activities might be running over Christmas that you might want to take part in.
- If you can't be with the people you want to see in person, you could arrange a phone or video call to catch up with them on Christmas day. Or try to arrange a visit around Christmas, if there's a time when it's possible to meet.
- Try to plan something nice to do after Christmas. Having something to look forward to next year could make a real difference.
- I've found the way of having a happiest Christmas is doing what's right for me. Making careful choices who I spend my time with and keeping in mind that it's just one day. The interactions I have with people throughout the year are just as important.

### Managing relationships

- If other people's questions are difficult, you could try to think of some answers in advance. For example, about your plans or how you're doing.
- Think about how to end difficult conversations. It's ok to tell someone you don't want to talk about something, or to change the subject. It might help to practise what you'll say.
- Suggest an activity or an easy way to move on, if you want to help end an unwanted conversation. For example, this could be playing a game, or taking a screen break if you're on a video call.
- Talk about your plans in advance. It might help to agree on things such as budgets or timings beforehand. For example, you could agree not to give presents this year, or decide a set amount to spend.
- If other people don't seem to understand how you're feeling, you could share this information with them. You could also think about writing down how you're feeling and sharing this with them, if conversations are difficult.

### Talking to other people

- Let people know you're struggling. It can help to talk to someone you trust about how you're feeling. See our page on [opening up to others about your mental health](#) for tips.
- It doesn't have to be people who are already in your life. You could join an online community to talk others who have similar experiences to yours. Mind's online community [Side by Side](#) is a safe place to connect with others who understand what you're going through.
- Tell people what they can do to help. And let them know if there's anything they could avoid doing. For example, you could let them know any activities you'd like to be involved in, and what they can do to support you during Christmas. Or you could tell them any questions or topics that you find hard to discuss, so they can avoid asking about them.
- You don't have to justify yourself to others. But you might feel pressure to, especially if someone asks a lot of questions. It could help to let them know that certain situations are difficult for you, and tell them what they can do to help. It might also help to tell them that you understand they may see things in a different way.
- You might not be able to make others understand. That's OK. It's not your responsibility to convince other people, or get their permission to look after yourself.

- It had helped me to be on Mind's online community in December. It was a nearly Christmas-free place. People knew that we all have to deal with a lot during this time of the year in our own worlds and it was peaceful just to talk.

### Getting support

If you're struggling this Christmas, you may want to find support for your mental health. There are a few ways that you can do this:

- Call [Samaritans](#) on [116 123](#) (freephone). Their English language line is always open. They have a [Welsh language line](#) too, which is open daily from 7pm to 11pm.
- Text SHOUT to [85258](#). This is a free 24/7 crisis text service run by [Shout](#).
- Visit our [useful contacts](#) page for a list of organisations who can support your mental health or help with practical problems.

### Return Date

Children return to school on  
Wednesday 4<sup>th</sup> January  
2023



THE  
*Anstice*

# WINTER WARM-UP

**Tuesdays—Fridays**  
(from 1st November)

**2pm-5pm**

Drop-in to The Anstice  
Café for a FREE bowl of  
soup or stew, bread roll,  
hot or cold drink and a  
warm, welcoming  
space.

Anstice Community Trust

Charity No. 1162626

The Anstice, 1 Anstice Square, Madeley, Telford, TF7 5BD



# WINTER WARMER

Every Tues,  
Wed & Thurs  
1pm-3pm

(November until March)

104-106 Southgate, Sutton Hill, Telford TF7 4HG





PARK LANE CENTRE  
*Warm Space*

WE WILL BE PROVIDING A  
WARM SPACE THIS WINTER.  
NO NEED TO BOOK - JUST TURN  
UP

HOT FOOD  
DRINKS  
GAMES  
CHAT

TUESDAYS AND WEDNESDAYS  
2PM - 5PM  
STARTING TUESDAY 22ND  
NOVEMBER

PARK LANE CENTRE, TELFORD, TF7 5QZ

Supported by



Telford & Wrekin  
COUNCIL

# Winter Warmer

Madeley Baptist Church

High Street, Madeley

We will be opening our Church every  
Tuesday and Thursday from 10.30am- 3pm from  
1 November to end of February.

We will be providing tea, coffee, toast and  
biscuits throughout,  
together with a Soup Lunch from 12.00noon.

Everyone welcome to keep warm,  
save energy costs,  
meet new friends and  
enjoy a wholesome meal of bread and soup together.

See you there!





St Vincent  
de Paul Society  
England and Wales  
Turning Concern into Action

## Are you looking for a Warm Space?

**Come and enjoy our hospitality**

**Mondays any time from 10:00 until 14:00**

**We are providing a place to keep warm**

**...as well as tea, coffee, biscuits**

**...and hot soup and a roll around midday.**

**We are also providing board games**

**...or you can just sit and have a natter.**



**Parish meeting room in St. Mary's Presbytery  
70 High Street  
Madeley  
TF7 5AH**



St Vincent  
de Paul Society  
England and Wales  
Turning Concern into Action

Loving God,  
Help us remember  
the birth of Jesus,  
that we may share  
in the song of the angels,  
the gladness  
of the shepherds,  
and worship of  
the wise men.

~ Robert Louis Stevenson

