

St Mary's Catholic Primary School

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Friday 12th September 2025

We're now well into the new term and it's been a joy to see the children settle back into school life with such enthusiasm and positivity. Classrooms are buzzing with learning, and the children really settled and focused on classroom learning and activities.



Family Prayer Packs

We're pleased to hear that our **Family Prayer Packs** are being used at home. It's been heartwarming to listen to the children talk about how they've been praying with family members and sharing moments of reflection. Thank you for

embracing this initiative- it's a beautiful way to strengthen our school's spiritual life beyond the classroom.

Mr Freeman

Next week, **Mr Freeman will begin his paternity leave on Thursday**, and we wish him and his family all the very best during this special time. He will be away for two weeks, and **Miss Johnson will be covering his class** in the interim. We're confident the children will continue to thrive under her care.



Year 4 Trip – A Huge Thank You!

We'd like to extend a heartfelt thank you to all the Year 4 parents who contributed so generously towards the recent class trip. Many of you gave twice the suggested amount, and with a few additional contributions on the day, we were able to go ahead with the trip as

planned. Your kindness and support made all the difference.

The children had a fantastic time and took part in a wide range of outdoor learning activities—from team-building challenges and nature exploration to problem-solving games and creative tasks. It was a brilliant opportunity for them to grow in confidence, collaborate with their peers, and enjoy learning beyond the classroom.

Mr Freeman was full of praise for the class, sharing that although all his groups have behaved well on trips, this class was truly exemplar in how they conducted themselves. Their enthusiasm, respect, and teamwork were a credit to the school.

Thank you once again for helping make this experience possible.

Back to School – Health Information for Parents from the Health Hub

With children getting back to school, it's a good time for parents to familiarise themselves with some of the common diseases that could cause illness, including serious illness, that can disrupt children's studies.

Teach good hygiene habits

Good hygiene stops infections from spreading, which means less disrupted learning time.

Teach your child to wash hands properly for 20 seconds, use tissues for coughs and sneezes, and stay away from others when sick. Letting in fresh air can also reduce the spread of airborne viruses. The 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.

Know how to spot the signs

There are various types of illnesses to watch out for at this time of year; here are a few common ones:

Scarlet fever cases usually peak in the late winter and early spring. The most common symptoms of scarlet fever include sore throat, fever, swollen neck glands, a bumpy rash on the chest and tummy with a sandpaper-like feel, flushed cheeks and “strawberry tongue”. If you suspect your child has scarlet fever, contact your local GP. Getting antibiotics quickly greatly reduces the risk of scarlet fever causing a more serious infection. Keep children away from nursery or school for 24 hours after starting antibiotics.

Since autumn 2023 there have been a number of major measles outbreaks in England. Measles can be a very serious disease for some children and tragically, it can even cause fatalities. The initial symptoms of measles are similar to those for a cold (runny nose; a cough; sneezing; a high temperature; and red, sore, watery eyes) this is followed by white spots in the mouth a few days later, and by a rash on the face and body a few days after that. It's very unlikely to be measles if your child has had both doses of the MMR vaccine or they've had measles before. If you think your child has measles call NHS 111 or your GP (call ahead to avoid risking infecting others in waiting rooms).

Chickenpox can also spread in schools at any time of year and are highly contagious. An itchy, spotty rash is the main symptom of chickenpox. It can be anywhere on the body. It's important for anyone with chickenpox not to go near new-born babies or anyone who's pregnant or has a weakened immune system, as chickenpox can be dangerous for them.

If your child has diarrhoea and/or vomiting, it's usually a viral illness such as norovirus caused by person-to-person spread. Keep them at home until they have been free of symptoms for 48 hours.

The poster features a group of six healthcare professionals (three women and three men) in blue NHS uniforms, smiling. Above them is the Integrated Care System logo and the NHS Shropshire, Telford and Wrekin logo. Below the group, the text reads: "Worried about your child's health? Think 'Pharmacy First'". The main body of the poster is blue and contains the following text:

You can now get treatment for a variety of common conditions and minor illnesses from your local community pharmacy.

Your pharmacy can help with:

- Earache (ages 1-17)
- Infected insect bites (from age 1)
- Impetigo (from age 1)
- Sore throat (from age 5)
- Hay fever (all ages)
- Conjunctivitis (all ages)

If you don't know whether a pharmacist can help with what you need, give them a call first or just pop in.

If you get a prescription through your pharmacy, you'll never pay more than if you had seen your GP.

Ensure your child is up to date with vaccinations

Vaccines provide the best protection against many common but potentially serious illnesses. Over the past decade, fewer children are getting routine vaccines, putting them at risk of serious disease. This also leaves schools vulnerable to outbreaks and increases pressure on the NHS.

If your child is up to date with their NHS vaccination schedule, they will already be protected against diseases like whooping cough, measles, mumps and rubella throughout their school career, as most provide lifelong immunity.

Unvaccinated children are at higher risk of contracting these illnesses and having more severe symptoms than vaccinated classmates. They can also spread diseases to others. Check your child's red book or contact your GP surgery to ensure they are up to date on all vaccines.

School-age children and young people are offered the following vaccinations:

Flu: A different flu vaccine is needed every year and is given as a quick and painless nasal spray. Flu vaccination is being offered to all school-age children up to year 11 and for children aged 2 and 3. When you get the electronic or paper consent form, please make sure you return it, so your child doesn't miss their nasal spray vaccination session.

HPV: At age 12 to 13, the human papillomavirus (HPV) vaccine is offered to protect against viruses that can cause genital warts or cancer.

MenACWY: 13- to 15-year-olds are offered this vaccine against meningococcal meningitis and septicaemia. This is usually given in year 9 or 10 along with the 3-in-1 teenage booster.

Know when to keep your child at home

It's fine to send your child to school or nursery with a minor cough or common cold if they are otherwise well and do not have a high temperature. But if your child has a fever, they should stay home from school or nursery until they feel better, and the fever has resolved.

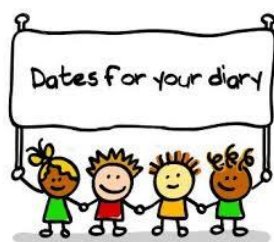
If they have diarrhoea and/or vomiting, they should stay home for at least 48 hours after the last episode.

It is no longer recommended that children and young people are routinely tested for COVID-19 unless directed to by a health professional. But if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other

people for 3 days after the day they took the test. Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

The NHS has a useful guide to help parents decide whether a child is well enough to go to school, based on their symptoms.

Through these preventative measures, and by recognising illnesses promptly, you can help your child stay healthy and keep school absences to a minimum this term.



Dates for the Diary

Date	Event
September	
Tue 23 Sep	Parents' Open Afternoon 3.30-4.45pm
October	
Thu 2 Oct	National Poetry Day – Assembly, class performances, and competition winner. Children are encouraged to write poetry at home.
Fri 3 Oct	Year 3 Trip to Outback2 Basics
Tue 14 Oct	Year 2 Trip to Kingswood
Wed 15 Oct	Year 1 Trip to Blists Hill Victorian Town
Tue 21 Oct	Year 6 Trip to National Memorial Arboretum
Wed 22 Oct	Harvest Festival 9:00–10:00am. Non-perishable food donations please.
Fri 24 Oct	Staff Training Day – School closed to pupils
November	
Mon 3 Nov	Staff Training Day – School closed to pupils
Weds 5 Nov	Year 5 Trip to Cadbury World
Week of 10 Nov	Anti-Bullying Week – <i>Power for Good</i> theme
Tue 11 Nov	Remembrance Day – One-minute silence observed

Date	Event
Thu 13 Nov	International Kindness Day – Special Assembly and Class Activities
Fri 21 Nov	Pilgrims of Hope – Jubilee Celebration
December	
Wed 3 Dec	Advent Afternoon Tea – Parish invited to school hall
Thu 11 Dec	Family Christmas Carols – All welcome
Fri 12 Dec	Year 1 & 2 Christmas Party – Afternoon in the hall. Children to wear something they feel special in.
Mon 15 Dec	Year 5 & 6 Christmas Party – Afternoon in the hall. Children to wear something they feel special in.
Tue 16 Dec	Year 3 & 4 Christmas Party – Afternoon in the hall. Children to wear something they feel special in.
Wed 17 Dec	Walk to Church Service Christmas Dinner. Children to wear something Christmassy
Thu 18 Dec	Last Day of Term
Fri 19 Dec	Staff Training Day – School closed to pupils