

Where Getting Better Never Stops

### Dear Parents/ Carers,

We have had a very exciting week this week. The children in years 1 and 2 had the opportunity to take part kind a very special event, a story night. Many thanks to all the staff to organised and supported this very exciting activity, all the children had a wonderful time.

This week Ian Bland, poet, will be in school working with the children on Tuesday and Wednesday. <u>https://www.ianbland.com/</u>

Children will be able to buy copies of Ian's books after school, which he will sign for them. Books will be £5.99 each.

## **Coming to School on Time**

Please could you ensure that your child is on site ready to come in to school at 8.45am. We have had some children arriving late, and this makes it difficult for their teacher as they have already started teaching their class and can also be unsettling for your child. Many thanks.

Children should not arrive on site before 8.35am unless they are attending the before school club.

#### **Reporting Absences**

If your child is not in school please could you ensure that you either call the school office on 01926 812520 or email <u>admin2624@welearn365.com</u> before 9am. Please do not send a message via Class Dojo t your child's teacher, as they are teaching and will not be able to pick up these messages until later on in the day. Many thanks.

### **Returning to School Following Vomiting or Diarrhoea**

I have received a request from a parent/ carer to clarify the amount of time children should be kept off school if they have vomited or have diarrhoea.

#### **NHS Guidelines**

Diarrhoea and vomiting are common in adults, children and babies. They're often caused by a stomach bug and should stop in a few days. The advice is the same if you have diarrhoea and vomiting together or separately.

## How to treat diarrhoea and vomiting yourself:

You can usually treat yourself or your child at home. The most important thing is to have lots of fluids to avoid dehydration.

### Do

stay at home and get plenty of rest

drink lots of fluids, such as water or squash – take small sips if you feel sick

carry on breast or bottle feeding your baby – if they're being sick, try giving small feeds more often than usual give babies on formula or solid foods small sips of water between feeds

eat when you feel able to – you don't need to eat or avoid any specific foods

take <u>paracetamol</u> if you're in discomfort – check the leaflet before giving it

### Don't

do not have fruit juice or fizzy drinks – they can make diarrhoea worse

do not make baby formula weaker – use it at its usual strength

do not give children under 12 medicine to stop diarrhoea

do not give aspirin to children under 16

In adults and children diarrhoea usually stops within 5 to 7 days, vomiting usually stops in 1 or 2 days Diarrhoea and vomiting can spread easily Stay off school or work until you have not been sick or had diarrhoea for at least 2 days.

# Friends Of Southam Primary School

Dates 2020 12<sup>th</sup> February- Cake Sale 13<sup>th</sup> March –Disco 20<sup>th</sup> May- Cake Sale 20<sup>th</sup> June- Summer Fair

Date of next meeting: Wednesday 12<sup>th</sup> February 2020 at 7.20pm Everyone welcome!

> FOSPS Cakes Sale Wednesday 12<sup>th</sup> February After school in the Cosy Nest

FOSPS are hosting another of their legendary cake sales. All donations of cakes are very welcome. Please drop any donations on the day of the sale to the school office.



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If you are able to help with the sale please let a member of the FOSPS team know or email head2624@welearn365.com

<u>School Lunches</u> The price of a child's school lunch is **£2.30**. Payment can be made by Parentpay, cash or cheque – which should be made payable to Southam Primary School (WCC).

## Costs for this term are:

Per lunch £2:30, per week: £11.50, year: £439.30 Spring Half term 1 £66.70, Half term 2 £69, Spring Term £135.70 Summer Half term 1 £57.50, Half term 2 £75.90, Summer Term £133.40

The menu for next week is:-

**Monday**- Pork sausages/ Chinese style quorn/ jacket potato/ tuna mayonnaise sandwich Strawberry swirl mousse/ cheese, crackers and apple/

yogurt/ fresh fruit **Tuesday**- Chicken fillet wrap with BBQ sauce/ omelette/

- jacket potato/ cheese bap
- Iced mandarin sponge / yogurt/ fresh fruit

**Wednesday**- Roast pork/ veggie toad in the hole/ jacket potato/ turkey bap

Fruit crumble/ ice cream tub / yogurt/ fresh fruit **Thursday**- Beef bolognaise pasta bake/ rustic cheese and tomato pizza/ jacket potato/ ham sandwich Creamy whip with fruit in juice/ ginger cookie / yogurt/ fresh fruit

**Friday**- Breaded pollock/ vegetable burrito/ jacket potato/ cheese bap Mini doughnut / yogurt/ fresh fruit

# Dates for your diary

### January

27<sup>th</sup> Year 6 residential trip information meeting for parents and carers- 5.30pm 28<sup>th</sup> and 29<sup>th</sup> Ian Bland, poet in school. Ian will be selling poetry books after school.

31<sup>st</sup> Sparrow class assembly – 10am

# February

3<sup>rd</sup> Netball match against Long Itchington – away 4<sup>th</sup> Safer Internet workshops for all the children 7<sup>th</sup> Butterfly class assembly – 10am 11<sup>th</sup> Netball match against St Lawrence- away 12<sup>th</sup>- 14<sup>th</sup> Year 6 Residential trip to Robinwood 17<sup>th</sup> – 21<sup>st</sup> Half term

24<sup>th</sup> Children return to school

26<sup>th</sup> Year 3 & 4 trip to Selly Manor

28<sup>th</sup> Year 3 & 4 trip to Selly Manor

28<sup>th</sup> Kestrel class assembly – 10am

29<sup>th</sup> Year 5 and 6 Cross country race at Moreton Morrell College- *the first 18 places runners will automatically qualify for the regional race on Wednesday 11<sup>th</sup> March at Nuneaton* 

## March

3<sup>rd</sup> Netball match against Long Itchington- home 5<sup>th</sup> World Book day 5<sup>th</sup> Parent teacher meetings – *appointments to be* booked online 6<sup>th</sup> Penguin class assembly – 10am 9<sup>th</sup> Parent teacher meetings – *appointments to be* booked online 10<sup>th</sup> Year 1 Balance bike day 11<sup>th</sup> Music ensemble performance for all the children 13<sup>th</sup> Golden Eagle class assembly – 10am 13<sup>th</sup> FOSPS Disco 17<sup>th</sup> Year 1 Balance bike day 17<sup>th</sup> Netball tournament 20<sup>th</sup> Skylark class assembly – 10am 27<sup>th</sup> Ladybird class assembly – 10am 31<sup>st</sup> Easter service at St James Church – 10am W/B 30<sup>th</sup> Book fair in school April 3<sup>rd</sup> What's My Line assembly-local volunteers will be in school taking to the children about their job 3<sup>rd</sup> Last day of term

20<sup>th</sup> Children return to school

Have a lovely weekend.

Emma Longworth