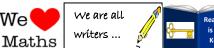
We

We are growing our learning

St John's Green **Primary School**

Learn to Live, Live to Learn





ewsletter

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Advice for Parents Poster

We have been asked to share the poster on page 2 of the newsletter with parents. There is a concern amongst health professionals that some parents may not be seeking medical advice/support for their children because of fears/worries about the Coronavirus, when, in fact those children do need urgent medical attention.

E-mails from the School

We have sent out e-mails this week to a number of different year groups, advising parents that there are resources available for collection from the school lobbys, which will support your children's learning at home. Details of the e-mails we have sent out are as below. If you didn't receive these e-mails, please let the school know as it means that the school system does not have your correct details.

If you did receive the e-mails but haven't collected the resources yet, please come and collect as soon as possible as they will help your children with their on-line learning.

Year 4:- Spellings, A Writing Mat, Multiplication Square, Three printed extracts from Key Texts.

EYFS— Templates for number fans and phase 2 sounds, and tricky words for their phonics and writing.

Year 5—Spelling lists, information on conjunctions, the use of adverbials, a fraction wall, multiplication square and some homophones.

Awards

Year 6 (Class Bubble) - Nathaniel (MLM) Year 6 (Mrs Wall) - Sidney (MM) Year 6 (Mrs Smith) - Evie-Anna (MM) Year 5 (Class Bubble) — Sam (RREX) Year 5 (Miss Kerr) - Jasmine (RREX) Year 4 (Class Bubble) - Alice (CC) Year 4 (Mrs Hancock) - Vada (MM) Year 4 (Miss Mitchell) - Ned (RREX) Year 3 (Class Bubble) - Ivy (CC) Year 3 (Mrs O'Shea) - William (RREX) Year 3 (Miss Aston) - Sudeshna (MM) Year 2 (Class Bubble) - Albie (MM) Year 2 (Miss Pickard) - Tia (RREX) Year 2 (Mrs Kibbler) - Erica (MLM) Year 1 (Class Bubble) - Noah (MM) Year 1 (Mrs Scotting) - Amelia (MM) Year 1 (Mrs Minshall) - Oliver (MM) EYFS (Class Bubble) - Nala (MM) EYFS (Miss Cook) - Afreen (MM)

> Staving positive doesn't mean you have to be happy all the time.

HUB- Lucas (MM)

It means that even on hard days you know that there are better ones coming.

Walking...Walking

Very obvious I know but we have been asked to remind our community, that where at all possible we should walk to our destinations and embrace the fresh air. The advice is also to avoid public transport if







PTA Update

Pumpkin Trail: £272.03 Christmas Cards: £632.99 Elfridges: £519.68 Xmas Light Trail: £176.36 Raffle: (an amazing total of) £1201.00 Sale of pupil's crafts (again an amazing total!) £1342.72

The PTA would like to thank everyone involved in the events and to thank parents for their support!

A total of £4144.78 has been raised by all the events!

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull

"Practice isn't the thing you do once you're good. It's the thing you do that makes you good." - Malcolm Gladwell

YOUR CHILD WILL **FOLLOW YOUR** EXAMPLE YOUR ADVICE.

Book Borrow @ AF

Well Being

Our 'Book Borrow' trolley is still at AF in the entrance lobby. If you would like to come and borrow some books, then please pop in to the foyer at AF and select the books you want to borrow. You can then return them on your next visit.



Please remember to wear a face mask when coming onto the school site.

ikewise, if you have a few books lying around at home that you no longer. feel you need, please drop them in to the entrance lobby at the Abbey Field site and we will find them a home so that other children/familie's can enjoy them.

PTA Lego Competition (Weekly)

A new weekly competition from our PTA, who are encouraging children to get their creative lego building talents going. Each week, the PTA will set a new theme. The premise is very simple. All the children have to do is come up with a lego design (as big or small as you like) that interprets/represents the theme.

This weeks competition theme is—Space.

Entries must be uploaded to the PTA Facebook page by next Wednesday (27th) and winners will be announced on the Thursday. Easy—good luck.



There will be prizes for both our KS1 and KS2 children.

Rotary (M



THE ROTARY CLUB OF COLCHESTER YOUNG ARTISTS COMPETITION 2021

EYFS & KS1: age 5 to 7 years KS2: age 8 to 11 years

We are inviting all children to submit a picture outlining their understanding of

thank you.

Closing date for entries: 12/03/2021

The prize winners will be invited to a presentation towards the end of the summer term. The time and venue will be decided nearer the time to comply with covid regulations. Contact tyrrellval@gmail.com for entry forms.

Your Children's Well Being—Your Well Being...(Safeguarding)

Keeping a good state of mind is of equal importance to having a healthy body. It affects the way we think, feel and act.

Promoting this though is tricky—especially when we're feeling up against it ourselves. There are lots of places we can go for support but sometimes this advice is what we want to hear as opposed to what we need to hear. So turn your phones off, shut down facebook for a whole day and follow these top tips—it will help...

- 1, Connect with your child everyday
 - 2, Have a quiet time together
 - 3, Praise your child
- 4, Foster your child's self esteem
 - 5, Actively listen to your child
- 6, Stick to commitments and routines
 - 7, Keep your promises
- 8, Find opportunities to play together
 - 9, Be a positive role model
- 10, Help your child to develop a language of feelings.

Following this link and watching the video will take you a whole 6 minutes this weekend.

https://ssscpd.co.uk/education/parentsandguardians/child-mentalhealth-10-tips-for-parents/-/pj==s

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- · Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting
- · Severe difficulty in breathing becoming agitated or unresponsive
- · Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- · Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- · Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you.

However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed.

If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the



If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional advice is available to families for coping | C N
 with crying of well babies
- Additional advice is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



