The Buzz

Keeping you up to date with our weekly news bulletin

Earls Colne PRIMARY SCHOOL AND NURSERY

JAKKI SIBLEY HEADTEACHER **2ND FEBRUARY 2024**

THIS WEEK…….

Year 3 have been practising their joining techniques in preparation for their own kinetic sculptures!

Year 4 have been creating their own clay models in the style of Giacometti (pronounced Jack~O~Metti)!

Year 5 have been discovering the different phases of the moon - using Oreo cookies!

SCHOOL LUNCHES

We wanted to remind you that our school lunches cater for pupils with allergies and in fact, do so incredibly well! We follow the Schools Food Standards, as set out by the Government, which stipulates the nutritional weekly balance required, the correct levels of starchy foods, fruit, vegetables, meat diary and non-diary sources of protein and the limitations on food high in fat, sugars and salt. School Grid will only allow you to pre-order those meals which are safe for your child, as per the allergies which you have noted on the system.

Understandably it can be much harder for us to monitor home packed lunches. We very much rely on parents/ carers not sending in sandwiches with peanut butter/ Nutella or nuts in any form. As with our school meals, we ask that home lunches are kept healthy, do not contain chocolate bars and plenty of fruit and water is provided.

Please can we ask that you check to make sure your child's meals are booked for the remainder of this half term on School Grid. Our pre-booked numbers are looking low and once bookings are closed, you won't be able to order on the day.

Key dates – 2023-24	
February 2024	
15th	Break The Rules Day!
16th	Non-Pupil Day
19th – 23rd	Half Term Break
27th	Year 6 NHS Height and Weight Checks
March 2024	
5th	Year 5 Planetarium Visit (in school)
7th	World Book Day! Year 1 Animal Workshops (in school)
15th	Comic Relief Day!
19th	Parents Evening
21st	Year 6 Trip to Layer Marney Parents Evening
26th	Year 6 Danbury Trip meeting for Parents 6:30pm
29th March – 01st April	Bank Holiday Weekend
April 2024	
2nd – 12th	Easter Holidays

OLIVERS LODGE

Sadly we need to provide another reminder that the car park at the entrance for Olivers Lodge IS NOT for use by parents/ carers in vehicles, when collecting and/ or dropping off for Olivers Lodge. It is a staff ONLY car park and as with the main school car park, if or when you are asked to move by either a school staff member or a member of Olivers Lodge staff, we ask it is met with courtesy and respect.

Well done for working so hard!

Safaya Tew – Working really hard on writing her name. Super job!

3PR Weekly Totaliser Champions!

This week's winners are……to be confirmed next week!

Attendance champions

Congratulations to **5E** class, whose attendance was an amazing **99%** for this week!!

Inspiring all children to create and achieve

SCHOOL UNIFORM

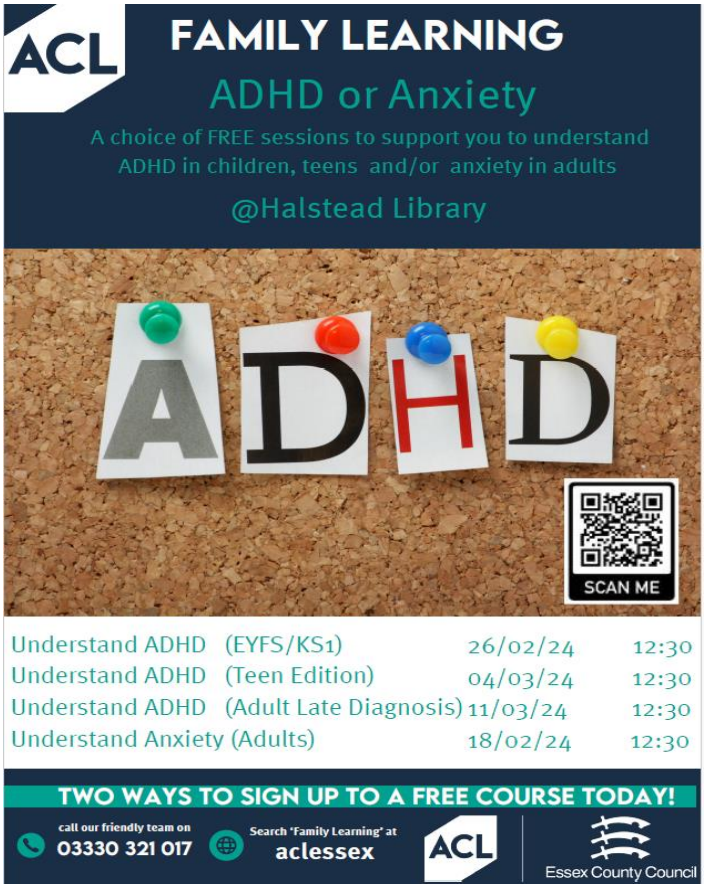
Please see below, a reminder of our school uniform requirements. We are seeing too many pupils, far too often, coming into school in unsuitable/ incorrect PE and school wear, hoop earrings and the wearing of nail varnish. ALL clothing items should be clearly labelled with the pupils name for ease of returning, should it go astray.

- A dark grey or black skirt/ grey or black trousers
- School sweatshirt / school cardigan (or plain purple)
- Plain white polo shirt / shirt
- Dark shoes that are suitable for the school day
- In Summer - dark grey or black shorts and purple and white, or yellow and white checked Summer dresses
- Long hair must be tied back
- No nail varnish or make up should be worn
- Simple stud earrings only – **MUST BE REMOVED FOR PE DAYS**
- All PE and school branded items are available via **https://sign-language-essex-ltd.myshopify.com** - a print out listing all items with prices can be found in the main school reception area.

Shorts, tracksuit tops and bottoms, sweatshirts and skorts, must all be PLAIN black with NO logos and may be purchased from any supermarket.

HEADLICE

Please can we ask that you check your child's hair on regular basis and treat accordingly should headlice be found. Once treated, your child can come back into school and all long hair should be tied up on a regular basis. Your help with this would be greatly appreciated.



https://multicoach.classforkids.io/camp/15

Caring for children with COUGHS

University of BRISTOL

This poster contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough

COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.

FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.

WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6–12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3–6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, **call 999 or take them to A&E.**	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3–6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation,or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.

© University of Bristol

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Raisins, Chopped tomatoes, Frozen peas

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes, Whole grain cereal, Cous Cous, Porridge, Whole wheat pasta, Bagels, Rice, Spaghetti

Beans, pulses, fish, eggs, meat and other proteins

Lentils, Beans lower salt and sugar, Tuna, Plain nuts, Chick peas, Lean mince

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Low fat soft cheese, Semi skimmed milk, Soya drink, Plain Low fat Yoghurt

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Sauce, Crisps

Eat less often and in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS