



Windermere Primary School Newsletter 13th January 2023

A word from the Headteacher

Happy New Year to all and welcome back to the new term. We welcome Mrs Keller who will be working as part of the Admin team and Mr Oluwa as Teaching Assistant in year 4, while Miss Kohli is in Year 5. We have started the year by exploring New Year traditions, origins and resolutions and celebrated children who are always ready to learn. If you have changed your contact details, please make sure you let us know as soon as possible as this is important in the event of an emergency. There are two additional items added to the bottom of the newsletter today: One from the local authority regarding illnesses and one from Energy Kidz about their available provision.

Wishing you a good weekend.

Sarah Gilliver

Bedtimes

A good night's sleep is essential to recharge and recover from the rigours of the day. We are noticing many of our children are coming in to school quite tired having been to bed very late, and therefore not having had enough sleep. Some are also becoming very tired during the day, more so than we would normally expect. Both of these are leading to them becoming frustrated, upset, less able to access learning and more susceptible to the range of illnesses currently circulating. Please ensure your child has a suitable bed time for their age, which includes at least 30 minutes of screen free time beforehand. Some tips are available here:

https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems?gclid=Cj0KCQiAn4SeBhCwARISANeF9DK1KvaVtBHHE5-GulaKB3xeCbnFQCIAGeTVVudnApdYetxpZLYKkmYaAmWIEALw_wcB

Ask Your Child...

This is a way to start to discuss your child's learning. You aren't expected to know the answers.

Reception- Who are the people that help us?

Year 1- What jobs are in the local area?

Year 2- How do we keep ourselves healthy?

Year 3 – Our guided reading story is called Freedom Soup. Why does it have that title?

Year 4 – What are the features of a kenning poem?

Year 5 – Which materials would make a good greenhouse?

Year 6 – How does the circulatory system work?

Family support - Where can I get help?

Lots of us are worried about the rising cost of living and the impact it might have on our finances. Here is some useful information and places you can access support:

Rising cost of living support: [Millions of low-income households to get new Cost of Living Payments from Spring 2023 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/millions-of-low-income-households-to-get-new-cost-of-living-payments-from-spring-2023)

Support with food for all: St Albans community fridge: **Location: Unit 9, The Enterprise Centre, Long Spring, St Albans, AL3 6EN Mon-Thurs 9:30am-11:00am Sat-Weds 9:30pm-10:30pm**

Community Pantry and lunch **Mon-Thurs 12:00-2:00**

Food bank: [Feed — The Vineyard Church St Albans](#)

Trussell trust food banks: [The Trussell Trust - Stop UK Hunger](#)

Warm spaces: [Warmer Places, Spaces & Hubs | Communities 1st](#)

Grants for support in a crisis: [Welfare Grants - Family Action \(family-action.org.uk\)](#)

Hygiene bags:-

If you require new, unused, in-date personal care and household cleaning essentials, please contact Jemma Hope Family Support Worker via admin who can arrange a bag for you.

PE kit reminder

Children must have PE kit for each of their PE lessons. This includes a t-shirt, short or joggers for outside and separate trainers to their daily footwear.

PE days:

Reception: Wednesday

Year 1: Tuesday and Thursday

Year 2: Tuesday and Thursday

Year 3: Tuesday (Swimming Monday)

Year 4: Monday and Tuesday

Year 5: Wednesday and Thursday

Year 6: Monday and Wednesday

Class Attendance: Jan 9th to 13th

Class	Present %	Authorised absence %	Unauthorised absence %
Reception	93.4	5.3	1.3
Year 1	87.7	5.5	6.8
Year 2	94	1.7	4.4
Year 3	93	6.1	0.9
Year 4	88.2	1.5	10.3
Year 5	88.2	10	1.7
Year 6	93.4	5.3	1.3

(May not total 100 due to rounding)

Dates for your Diary:

20th January Year 4 Cake Sale

13th February to 17th February HALF TERM

31st March End of Spring Term

17th April 2023 INSET day (change of date)



Winter health update - January 2023

For parents/carers and education and childcare settings

From Geraldine Bruce, Head of Health Protection, Hertfordshire Public Health

As children return to schools and childcare settings, we expect to see many more cases of flu, COVID-19 and other infections that affect children's breathing (known as 'respiratory infections'). There also continue to be high numbers of scarlet fever cases, which can spread quickly, but can be easily treated with antibiotics. To help us through this term, this leaflet has five simple steps we can take to protect children, minimise the spread of illness in schools and childcare settings and protect others.

1	<p><u>Stay home if unwell</u></p> <p>Infections can spread quickly in schools and other childcare settings. If your child is unwell and has a fever they should stay home from school or nursery until they feel better and their fever has gone.</p> <p>Adults should try to stay home when unwell and consider wearing a face covering to protect others if you do have to go out. Don't visit people in hospitals or care homes if you have a fever, a cold or symptoms of a stomach upset.</p>
2	<p><u>Keep hands clean</u></p> <p>It is important to help children understand that keeping hands clean can stop bugs from spreading. Help your child wash their hands regularly at home with soap and warm water. More information here.</p>
3	<p><u>Catch coughs and sneezes</u></p> <p>Catching coughs and sneezes in tissues then binning them is a simple way to help stop illness from spreading. Keeping rooms well ventilated will also help prevent the spread of winter illness.</p>
4	<p><u>Get vaccinated if you're eligible</u></p> <p>Now is a good time to check your you and your family's vaccinations are all up to date. If you are unsure your child has had all their routine vaccinations, you can check their personal health record (Red Book) or ask your GP. You can also check the childhood immunisation schedule online.</p> <p>And it's not too late to get the free NHS flu jab or nasal spray this year if anyone in your family is eligible. The NHS will be contacting parents of children who have not yet had their flu immunisation. Flu nasal spray clinics are still taking place in some schools this month, or for children aged 2-3, please contact your GP to arrange an appointment.</p>
5	<p><u>Be scarlet fever aware</u></p> <p>Call your GP for advice if you think your child has scarlet fever. More information about scarlet fever can be found on the NHS website. If you are concerned about a rash that your child has, advice is available here: https://www.nhs.uk/conditions/rashes-babies-and-children/</p>

Further updates and resources can be found here:

www.hwehealthiertogether.nhs.uk

www.gov.uk/government/news/back-to-school-advice-issued-amid-high-levels-of-flu-covid-19-and-scarlet-fever

www.e-bug.eu

www.gov.uk/government/publications/infectious-diseases-schools-and-other-childcare-settings



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Join Energy Kidz Wraparound Care Clubs available every day throughout the new year!

New year, a new opportunity to have fun! This year, our clubs will be immersed with a whole host of new activities for children where they can enjoy exploring their senses with our scavenger hunts, sensory activities, becoming the authors of their own imagination and bringing their favourite stories to life with our Storytelling week, discovering fun facts and learning all about wildlife, getting messy with arts and crafts as they take part in our splat of colour week and so much more! We just can't wait to embark on this adventure!

With so many families already securing their child/ren's spots - ensure your child doesn't miss out on all the fun-packed activities this year by securing their spot for the academic year now through our flexible payment options that include – book now, pay later... By using our handy instalment plan – you can spread the cost of your termly or yearly bookings through manageable monthly instalments and ensure your child misses a moment!

Book now at: <https://www.energy-kidz.co.uk/breakfast-and-after-school-clubs/>

If you have any further queries, please don't hesitate to call Energy Kidz' friendly bookings team on 0333 577 1533 or drop them an email at info@energy-kidz.co.uk.



EnergyKidz

Fun Packed

Wraparound Care Club

Running here every day throughout the school year!

An explosion of play & activity beyond the school day!

Energy Kidz is a leading provider of out-of-school childcare for primary school aged children, offering fun and affordable childcare delivered in a safe and supervised environment. Our qualified staff are DBS checked to an enhanced level, first aid qualified and experienced in and passionate about the activities we offer, adding a depth and richness to children's learning beyond the school day!

BOOK NOW AT ENERGY-KIDZ.CO.UK

energykidz 0333 577 1533 info@energy-kidz.co.uk

Ofsted
Quality Standard
Improving lives

What to expect

Energy Kidz understands that children have different interests, so they ensure that each day is filled with a wide range of inclusive activities suitable for all abilities and interests. As well as being able to choose what activities they would like to do, children are always encouraged to try something new! Our Whole of Child programme underpins all our programming and is split into six activity categories ensuring no day at Energy Kidz is ever the same. Find out more below about our fun packed activity categories that make sure children in our care are always having fun and kept engaged, entertained and moving all day!

Our Activity Categories

Creative Kidz Arts & Crafts Drama Music	Discovery Kidz Topics Problem Solving Guided Play	Wellness Kidz Yoga Meditation Journaling
Energetic Kidz Arts & Crafts Drama Music	Practical Kidz Wacky Science Survival Skills Cooking	Sporty Kidz Kwik Cricket Netball Football

Healthy Snack available each day!

Secure your child's spot now!

Ensure your child doesn't miss out on an explosion of play and activity beyond the school day with Energy Kidz Wraparound Care Clubs running at your school every day throughout 2023!

Scan here for more information and to find your local club times and prices to book now!

- ✓ Childcare vouchers accepted
- ✓ Tax free childcare
- ✓ 5% off sibling discount
- ✓ Flexible payment options

