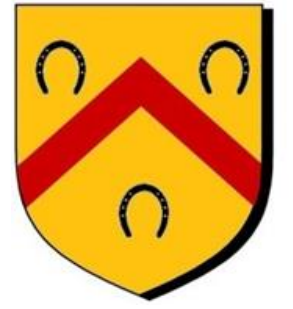




# The Pochin School

## Newsletter 22<sup>nd</sup> September 2023



Dear Parents, Governors and Friends,

### Football Team

Well done to The Pochin School football team who played their first match this week. They all tried really hard and played well together in the team. The wind and the rain did not seem to dampen their spirits and their ability to win! Thank you to all parents and friends who attended and support the school team.



### Harvest Festival Donations - 27<sup>th</sup> September

Our Harvest Festival service will be in St Mary's church in Barkby on Tuesday 3<sup>rd</sup> October at 9am. We expect all children to arrive at the church by 8:45am. Those children that attend the 'Before School Club' will be walked down to the church by school staff. The service will be roughly 45 minutes long. We ask parents to park considerately.

Pupil's Harvest Festival donations should be brought into school on **WEDNESDAY 27<sup>th</sup> SEPTEMBER**. These will be taken down to the church by the year 6 pupils. The school will be collecting food and toiletries for a local food bank.

### Is my child well enough to go to school

We have had a number of parents worried about their children's health and unsure whether to send them to school or not when they are not feeling 100%. Please see the guidance below from the NHS to help parents make a decision when to send their children in to school or not. I have highlighted the symptoms most commonly asked about to staff members.

### Dress Down Day for a PTA donation

On Friday 6<sup>th</sup> October the school invites the children to come in their own clothes in exchange for an item for the PTA tombola. This item must be brought in on FRIDAY 6<sup>th</sup> October.

### Head Teacher Awards

The following children have worked extremely hard and this has been celebrated by the pupils receiving awards in front of their peers.

**Aarav P, Alex, Charlie, Jake, Batul, Theo**



## Diary Dates

### October:

Tue 3<sup>rd</sup> - Harvest Festival Church service 9am  
 Wed 4<sup>th</sup> - School Football team at WVA  
 Fri 6<sup>th</sup> - Dress Down Day - Tombola Prize  
 Sat 7<sup>th</sup> - PTA Autumn Fair 11-2pm  
 Mon-Fri 9<sup>th</sup>-13<sup>th</sup> - Min Y Don Year 5 Residential  
 Thu 12<sup>th</sup> - 13<sup>th</sup> - Beaumanor Year 4 Residential  
 Thu 12<sup>th</sup> - Whole School Trip

### Mon 16<sup>th</sup> - 20<sup>th</sup> - Half Term Holidays

23<sup>rd</sup> - STAYING SAFE WEEK  
 24<sup>th</sup> - Warning Zone Class 5 trip  
 26<sup>th</sup> - School Disco 6-7:30pm

### November:

Wed 1<sup>st</sup> - Parents Evening  
 Thu 2<sup>nd</sup> - Parents Evening  
 Tue 7<sup>th</sup> - School Pictures  
 Fri 10<sup>th</sup> - Diwali Celebration Day  
 Tue 21<sup>st</sup> - Stirring the Pudding Service 9am

### Next week School Dinners 2 main choices with sides, bread and dessert

Mon- Mac and Cheese  
 Tue - Sausage/ Veggie Sausage with wedges  
 Wed - Piri Piri chicken/ Quorn with rice  
 Thur - Sausage roll/ Mexican rolls with wedges  
 Fri - Fish fingers/ Omelette with chips

Jacket potatoes available. (please email the office by 9am Monday to order for the week ahead stating which date and filling your child would like)

**Cultures Celebrated within our School**  
 British Value of the Term  
 Democracy  
 Pochin Value of the Term  
 Perseverance



# Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.



## Other illnesses

Follow this advice for other illnesses:

### Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

### High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

### Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

### Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

### Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#).

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

### COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

### What to do if your child has tested positive

Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. 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.

### Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

### Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

### Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat [head lice and nits](#) without seeing a GP.

### Impetigo

If your child has [impetigo](#), they'll need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

### Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

### Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

### Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#) because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

### Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of [tonsillitis](#).

### Threadworms

You don't need to keep your child off school if they have [threadworms](#).

Speak to your pharmacist, who can recommend a treatment.

### Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

From NHS England website