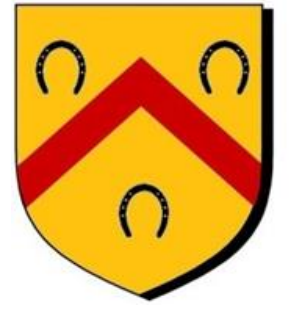


# The Pochin School

## Newsletter 19<sup>th</sup> January 2024



Dear Parents, Governors and Friends,

We hope this newsletter finds you well and that you've had a fantastic week! It's been an exciting and vibrant time at our school, and we're thrilled to share some of the highlights with you.

### Aarti's Dance Classes: A Joyful Success!

We extend our heartfelt gratitude to Aarti for bringing an extra dose of joy and energy to our school this week. Aarti generously complemented our topic of dance this term with dance classes for our school children, and the response was overwhelmingly positive. The children thoroughly enjoyed the opportunity to express themselves through dance, and it was a wonderful sight to see them having so much fun learning new dance routines to Bollywood music.



### Dance champions: Mr. Willoughby and Class 1's Dance Dynamo!

A special shout-out goes to Mr. Willoughby, who emerged as the standout dancer across the whole school (he is in the red circle on the picture). Mr. Willoughby's commitment to making learning enjoyable is truly commendable. Class 1's enthusiasm and energy was contagious, creating an atmosphere of pure joy in the hall. I felt exhausted just watching them dance with that much energy!



### The Value of Attendance:

Regular school attendance is a key factor in a child's academic success and personal development. Each day missed represents a missed opportunity for learning, collaboration, and skill-building. Consistent attendance fosters a sense of routine and responsibility, contributing to a positive and productive learning experience. As a school, we closely monitor attendance to ensure that all students have the opportunity to make the most of their educational journey. If your child has an attendance record of 90% or below you will be receiving a letter with supporting information on it. Please see general support for all parents below when considering keep their child of sick due to them being poorly.

### Arbor: Dinner Information

All parents, regardless of which class your child is in, will need to log into Arbor to select their child's options, please select Hot Meal or Packed Lunch, please follow the attached link for more help. If your child is always packed lunch you can bulk select by ticking the button below your selection and therefore, will not need to select again for the rest of the year.

<https://support.arbor-education.com/hc/en-us/articles/6956696271261-Meal-Menu-choices-on-the-Parent-Portal-or-Arbor-App>

If your child is in Class 3, 4, 5 or Preschool you will need to ensure your account is kept "topped up" for payment, please follow the attached link for more help

<https://support.arbor-education.com/hc/en-us/articles/204177771-Payment-accounts-and-topping-up-the-meal-account-on-the-Parent-Portal-or-Arbor-App>

**PLEASE BE AWARE THAT THE CLOSING TIME TO BOOK MEALS ON THE DAY IS 7:30AM**

## 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.

**Carter, Isabella P, Francis, Lyra, Myran, Rosie S**



## Diary Dates

### February:

- 6<sup>th</sup> - Governors meeting at school 4:30pm
- 15<sup>th</sup> - PTA Valentines Disco 6pm at Roots
- 16<sup>th</sup> - School closes for February Half Term Holidays
- 26<sup>th</sup> - School opens
- 27<sup>th</sup> - Parents Evening
- 28<sup>th</sup> - Parents Evening

### March:

- 19<sup>th</sup> - School Easter Service at St Mary's Church 8:50am
- 22<sup>nd</sup> - School closes for the Easter School Holidays

### April:

- 8<sup>th</sup> - School reopens for Summer term

### May:

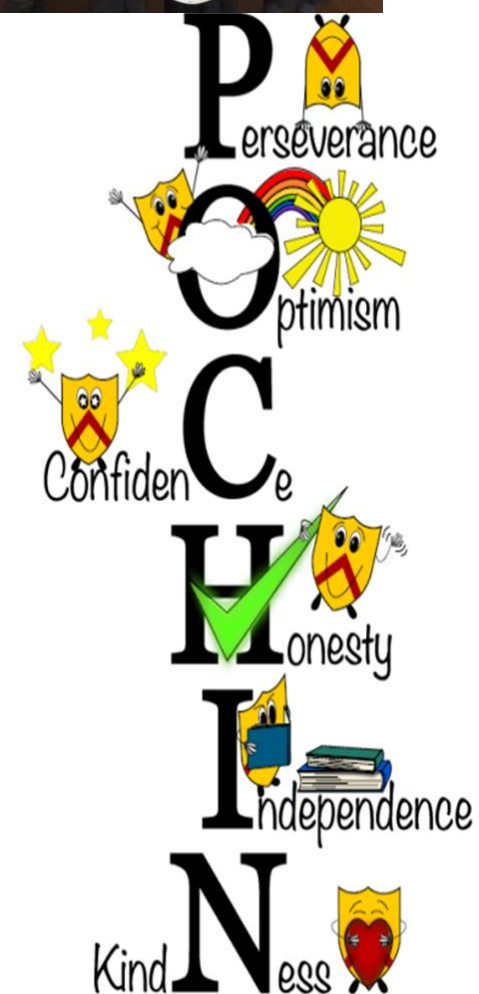
- 13<sup>th</sup> - Key Stage 2 SATS week (year 6 pupils)
- 20<sup>th</sup> - Year 6 Aztec visit
- 25<sup>th</sup> - School closes for Half term

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

- Mon- Chicken/veg noodles
- Tue - Chicken/Veg enchiladas with rice
- Wed - Pork/Veg sausage onions and gravy with roast potatoes
- Thurs - Macaroni cheese with a variety of toppings
- Fri - BBQ chicken/quorn fillets 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  
Tolerance  
Pochin Value of the Term  
Confidence



# 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