

St James and St John C of E Primary School Newsletter



Friday 26th January 2024

www.stjamesandstjohnschool.co.uk

office@stjstj.co.uk

Dear Parents and Carers,

We love having parents involved in the school. Thank you to all the parents who have been meeting with me and the class teachers. Communication is so effective when we meet in person. Many of you have commented that you find these meetings so helpful.

Here are some of the ways coming up this term that we'd love parents to be involved with:

Healthy Heart Day - Come along to start the day with a Wake up & Shake up activity with your child.

Equality Studies assemblies - Come along to see your child show what they've been learning.

Parents Working Alongside Children in Class - More on this coming soon.

Academic Review Day for parents - More on this coming soon.

Curriculum Presentations to Parents - Coming in the Summer Term.

As always, teachers are very pleased to meet you if you want to look at your child's work and discuss their learning. Please phone the school office and book an appointment to see the class teacher.

With best wishes, **Mr Evans (Head of School)** and **Mr Webb (Executive Headteacher)**



School Council Meeting with Mr. Evans

St. James and St. John is a school with a Christian ethos at the heart of all we do. This is why giving to charity is so important at our school. This week, the School Council met with Mr. Evans to discuss their important role in encouraging the whole school community to engage in social action and to be courageous advocates for change in the local area, national and global communities. The School Councillors came up with some excellent ideas for raising money for charity, including making donations to the local foodbank and having a Non Uniform Day every month. The children said they felt proud that they are making a positive difference to the world around them, and putting their values into action.

Non Uniform Day for Charitable Giving

At St. James and St. John, one of the ways we show the values of **community**, **friendship** and **compassion** is by donating to charity.

On Friday 2nd February, we will be holding our first Non Uniform Day, where the children bring a £1 charity donation to wear their own clothes.

The School Council said they wanted to help less fortunate children in the world to have the opportunities they have, so the money raised each month will go to sponsor a child through the charity **Plan International**. Please visit their website to find out more

<https://plan-uk.org/>



This week, Year 5 attended a rehearsal at **All Souls Church** for their upcoming **Proms Praise for Schools** performance at **Royal Albert Hall**.

I have received and read the St James and St John CE Primary School newsletter of **26.01.2024**

Name of child _____ Class _____

PLEASE RETURN THIS SLIP TO THE SCHOOL OFFICE AND YOUR CHILD MIGHT WIN A PRIZE :)

Bringing a Packed Lunch to school

A healthy packed lunch gives our brains and bodies fuel to help us learn and play.



Our healthy packed lunch **must not contain nuts.**

Food that you should include in your packed lunch	Food you cannot bring for your packed lunch
Fruit Vegetables 	Fruit winders 
Starchy food eg: Bread Pasta Noodles Cous cous 	Crisps Salted snacks Chocolate biscuits Cakes Muffins 
Dairy foods eg: Cheese Yoghurt 	CHOCOLATE OR SWEETS 
Meat Fish Non-dairy protein eg hummus or falafel 	Sweet or fizzy drinks Fruit juices 

We put our healthy snacks in the snack box as soon as we come to school.

We provide water and semi-skimmed milk to drink at lunch time so no drinks need to be included in your packed lunch.



Important Dates for your Diary...

Friday 2nd February - Non Uniform Day — Children bring in £1 to raise money for charity

Thursday 8th February - Healthy Heart Day (More news about this to follow by letter on Monday)

Monday 12th February - Friday 16th February - Half Term

Friday 29th February - Non Uniform Day — Children bring in £1 to raise money for charity

Friday 8th March - 2:30 - Y4, Y5 and Y6 Equality Studies Assembly for Parents; 2:50 - Y1, Y2 and Y3 Equality Studies Assembly for Parents; 3:15 - Cake Sale

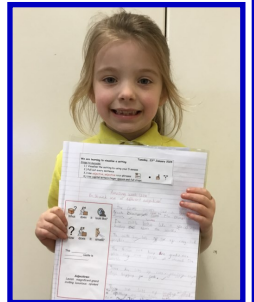
Thursday 28th March - Last day of Spring Term

Friday 29th March - Friday 12th April - Easter Holidays



Work of the Week!

Every week a brilliant piece of children's work is showcased in the school lobby (next to the office). This week's brilliant piece of work is by Izzie in Year 2.



Year 2 have been reading the exciting story of 'The Princess and the White Bear King' by Tanya Robyn Batt. Their task was to visualise and describe the setting using their five senses, adding as much detail as they can. Izzie has included lots of exciting adjectives to expand her noun phrases in her writing and even included prepositions to help further describe the setting she visualised.

Well done, Izzie



Person of the Week!

Nursery - Larissa-Mae

Reception - Aisha

Year 1 - Shanaya

Year 2 - Shreeya

Year 3 - Telmuun

Year 4 - Lilia

Year 5 - Fatima

Year 6 - Emily

Our Prayer of the week...

This week, we celebrated the Epiphany as part of the Christmas season...



Loving God,

You sent us your own son, Jesus, to be our guiding light and show us how we should try to live our lives.

Help us to follow Jesus in all that we do, by listening to Jesus' words and following in Jesus' footsteps.

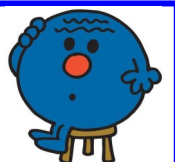
As we pray, Lord guide us to do what is right.

Amen

Don't let a little worry turn into a big one...

If you or your child are worried about something or have any questions, please phone the school office and book an appointment to see their class teacher or Mr Evans.

We are always really pleased to meet with you and chat things through.





What is Measles?

Measles is an acute infection caused by the measles virus.

Who catches measles?

Measles has become uncommon in the UK because many children have been immunised.

It is usually a childhood infection, most common in children of 1-4 years of age who have not been immunised. However, you can catch measles at any age. Epidemics often coincide with school terms when there is much more close contact between children.

How do you catch measles?

Measles is caught through direct contact with an infected person or through the air when he or she coughs or sneezes.

How infectious is measles?

Very, if an individual has either not been vaccinated or become immune through natural infection and they live in the same household as someone with measles there is a 90% chance that they will develop measles themselves. Measles is most infectious before the rash appears and only trivial contact may be sufficient for the virus to spread.

What is measles like?

Symptoms usually develop 9-11 days after becoming infected and last up to 14 days from the first signs to the end of the rash.

The first stage of measles includes irritability, a runny nose, conjunctivitis (red eyes), a hacking cough and an increasing fever that comes and goes. The fever peaks at around 40.6°C (105°F). These symptoms may last up to 8 days.

The rash starts from day 4 and lasts 4-7 days. It usually starts on the forehead and spreads downwards over the face, neck and body. You can see flat red or brown blotches which can flow into each other.

There can also be diarrhoea, vomiting and abdominal pain.

How serious is measles?

One million children die from measles world-wide each year. Complications from the disease are more severe and more likely in infants under 12 months, in children who are poorly nourished, those with weakened immune systems and children with vitamin A deficiency. In the UK in 1997, there were 4168 notified cases although some of these will have been due to other infections which produce a measles-like rash.

Even in the UK, complications are quite common. They include a severe cough and breathing difficulties (croup), ear infections, viral and bacterial lung infections (pneumonia), and eye infections (conjunctivitis). Most are caused by secondary bacterial infections which can be treated with antibiotics.

The most serious problems involve the nervous system. Inflammation of the brain (acute encephalitis) occurs 2-6 days after the rash has appeared. Less than 1 in 1000 measles cases is affected in this way, but 25% of those are left with brain damage.

Sub acute sclerosing pan-encephalomyelitis (SSPE) is the most severe complication of measles but is very rare, occurring in less than 1 in 100,000 cases of measles. It usually occurs years after the initial illness and is a slowly progressive brain infection. SSPE starts with intellectual impairment and deteriorates to seizures and eventually death.

Measles infection during pregnancy can result in the loss or early birth of the baby.

Can you prevent measles?

Immunisation programmes are essential to prevent measles and there is a highly effective vaccine available. This is part of the measles-mumps-rubella (MMR) immunisation with a first dose at 12-15 months and a second dose usually given from 3 to 3 and half years onwards. If missed, immunisation can be given at any age. Definite past infection will protect against future infection. Pregnant women or those with weakened immune systems should not be immunised.

More information on MMR immunisation can be found at

<http://www.nhs.uk/Conditions/vaccinations/Pages/mmr-vaccine.aspx>.

How soon should a child be back at school after measles?

Measles is most infectious from 4 days before the appearance of the rash until 4 days afterwards. It is recommended that a child should be kept off school for 4 days after the onset of the rash.

A oral fluid test to confirm or refute the diagnosis may be suggested.

How can you treat someone with measles?

There is no specific treatment for measles although if secondary complications occur they may be treated with antibiotics. The patient should drink lots of clear fluid to replace body water lost through the fever.

Paracetamol can be used to reduce the fever. Aspirin should NOT be given to children as its use is associated with Reye's Syndrome (a severe neurological disorder).

If parents/carers become concerned about the development of complications, they should consult their doctor.

Further information on measles is available at:

<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>
