

St Mary's Newsletter

Spring Term – Friday 6th January 2023

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Attendance Weekly - 96.7%

Attendance Year - 93.8%

Let Your Light Shine... as You Grow Matthew 5: 15-16

Friendship

Trust

Truthfulness

Compassion

Perseverance

Respect

Dear parents, carers and friends of the school,

Welcome Back to the Spring Term at St Mary's!

Hello and a warm welcome back to our Spring term, at St Mary's.

Once again, it has been a calm and positive start to our new term and the children have settled in really well. I have been impressed with the hard work and high standards of behaviour shown in the two days since we have all returned following the Christmas break.

During today's assembly I talked to the children about our three Key Words— **Safe, Respect and Effort**. I gave the children the opportunity to talk, once again, with each other about the meaning of these important words—and how they can be demonstrated across the school. I was very impressed with the children's answers and they gave me lots of examples of how we might see these in action both at St Mary's, but also in the wider community—and some pupils even linked them to our **6 School Values of Perseverance, Friendship, Truthfulness, Respect, Compassion and Trust**.

I have been also been extremely impressed with all of the cheerful 'Happy New Year' greetings that I have received by both children and their parents on the school gate – proving that our St Mary's community have the very best manners in the whole of Essex!

I am also sure you will join me in welcoming back the lovely Mrs Robinson, who has recently returned to us and re-joins the Year 5 teaching team – I am sure that she will settle in really quickly to our fantastic school and that her colleagues and Busy Bee pupils will make her feel really welcome! I know that she is very excited to be back!

Thank you, once again, in advance for all your undoubted support this term – I look forward to another positive and rewarding one.

Please read on to find out more about the **Spring Term Clubs**, the **School Council's Bag2School initiative**, some **E-Safety advice about how to stay safe on new devices**, some further **advice about Scarlet Fever**, and—last but not least—key **diary dates** for this term.

Have a really lovely weekend!

Kind regards

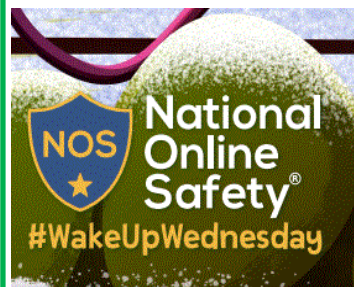
Mr C. D. Jarman

Headteacher of St Mary's Church of England Primary school, Saffron Walden

Don't forget to book your child in one of our **Spring Term clubs**. Information about which clubs are running can be found on our Facebook page or the school website. There are still some places for KS2 Choir, 5/6 STEM, KS2 Boy's Football, KS2 Boy's Football, Board Games, Yoga and Cosy Readers.

To request a place for your child/ren please use the online form

which has been sent out via Teacher to Parents or contact the school office. Requests must be submitted by **Thursday 12th January**.



Many children will have delightedly torn the wrapping paper off various smartphones, consoles, tablets and other internet-enabled devices over the past couple of weeks – and probably couldn't wait to start their exciting journeys into previously undiscovered corners of the online universe.

Likewise, the next 12 months will also see lots of young people who *already* go online entering a different phase of their relationship with the digital world: perhaps getting more interested in online gaming or social media, please share the attached guide from the National Online Safety with your child/ren to refresh their knowledge of online safety, with some core tips for avoiding common hazards. ***Please see the poster on the following page for further information and guidance.***

Please note that if your child is wearing a new smart-watch to school, for safeguarding reasons these are stored with the mobile phones and the children do not have access to them during the school day.

Scarlet Fever (Strep A)

Although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

The **symptoms** of scarlet fever include a sore throat, headache, fever, nausea and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the scarlet rash may be harder to spot, but it should feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

If you think you, or your child, have scarlet fever:

- see your GP or contact NHS 111 as soon as possible
- make sure that you/your child takes the full course of any antibiotics prescribed by the doctor.
- stay at home, away from nursery, school or work for **at least 24 hours after starting the antibiotic treatment**, to avoid spreading the infection.

Complications

Children who have had **chickenpox** recently are more likely to develop more serious infection during an outbreak of scarlet fever and so parents should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason, please seek medical assistance immediately.

If your child has an underlying condition which affects their immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

You can find more information in the attached factsheet



Spring Term Clubs

MONDAY'S (16.01.2023—27.03.2023)

- KS2 Drama (12.30pm-1.10pm)

TUESDAY'S (17.01.2023—28.03.2023) *No clubs on 28.02.2023*

- Yrs 1 & 2 Cosy Readers (3.15pm-4.00pm)
- KS2 Dodgeball (3.15pm—4.00pm)

WEDNESDAY'S (18.01.2023—29.03.2023)

- KS2 Choir (12.30—1.00pm—Starts 25.01.2023)
- KS1 Drama (12.20—12.55pm)
- Yrs 2—6 Yoga (3.15pm—4.00pm)

THURSDAY'S (19.01.2023—30.03.2023) *No clubs on 02.03.2023*

- Yrs 5 & 6 STEM (12.30pm—1.00pm)
- KS2 Girls Football (3.15pm—4.00pm)
- KS2 Boys Football (3.15pm—4.00pm)
- KS1 Board Games (3.15pm—4.00pm)

FRIDAY'S (20.01.2023—31.03.2023)

- KS1 & KS2 Karate (3.15pm—4.00pm)

Dear parents/carers,

The school council announced before Christmas that St Mary's will be taking part in Bag2School, a clothing-drive run by a charity that sources clothes for people around the UK.

Your child will be bringing home with them a Bag2School bag. We ask that if you have any spare clothing after this Christmas break, please consider putting it in the bag and sending your child into school with it.

On the 27th of January, the Bag2School charity will arrive, weigh our bags, give us money for the total weight and then whisk the clothes away to those who need them most!

Please note: no school uniform or work clothing are allowed as part of the collection.

Thank you for taking part if you can!

St Mary's school council



Brought to you by
St Mary's School Council!



Streptococcal infections (Scarlet fever, impetigo, etc)

February 2019

Authors: Caesar Mensah and Tracy Sharpe

Version 2

The term streptococcal infections, covers a variety of diseases caused by certain bacteria called group A streptococci (strep). The commonest conditions are sore throat, and impetigo, which is a skin disease.

Sore throat is also caused by many other organisms, the commonest being viruses.

Scarlet fever usually follows a sore throat (strep throat) or skin infection (impetigo) caused by particular strains of group A strep. The scarlet fever rash occurs when the bacteria release toxins that make the skin go red.

You will only develop the symptoms of scarlet fever if you are susceptible to the toxins. Scarlet fever tends to be most common in winter and spring and commonly affects children aged between two and eight.

What are the symptoms?

It takes around one to four days to develop symptoms after being infected.

Sore throat: The throat feels sore and there may be fever, headache and enlarged tonsils with pain on swallowing.

Impetigo: The skin lesions consist of blisters and thick, yellow-brown crusts, which scab and then fall off leaving no scars. They usually start on the face, around the nose or mouth, and may spread to other parts of the body.

Scarlet fever: The symptoms of a sore throat develop and, after 12 - 48 hours, a rash that looks like sunburn (it feels like sandpaper to touch) appears. **Typically**, this first appears on the chest and stomach but soon spreads to other parts of the body. It may itch and is usually accompanied by other symptoms such as swollen neck glands, headache, nausea, fever and generally feeling unwell.

There may be flushing of the cheeks and a white coating on the tongue, which peels a few days later leaving the tongue 'strawberry red' and swollen.

The rash lasts for six days and then fades. Outer layers of skin, usually on the hands and feet, may peel for up to six weeks after the rash has faded.

There is no evidence that catching scarlet fever when pregnant will put your baby at risk. However, pregnant women should inform healthcare staff if they are in contact with streptococcal infections, such as scarlet fever, around the time of their delivery.

If you think you/your child may have a streptococcal infection, speak to your GP.

If you/your child feel very unwell with high fever, severe muscle aches, diarrhoea or vomiting, seek urgent medical help to rule out other more serious infections caused by these bacteria, which can be easily treated if caught early.

How are these infections treated?

- The infections are treatable with antibiotics, usually taken for 10 days. It is important to take the full course of prescribed antibiotics.
- Most people recover after four to five days

How does spread occur?

The disease is very contagious and can be caught by:

- breathing in the bacteria in airborne droplets from an infected person's coughs and sneezes
- direct or close contact with infected persons or persons carrying the bacteria in their nose, throat or on the skin
- sharing contaminated towels, baths, clothes or bed linen
- sharing contaminated drinking glasses, plates or other utensils.

It can also be spread by people who have the bacteria in their throat but do not show any symptoms (they are known as carriers).

How can infection be prevented?

- If your child has an infection, do not let them go to school/nursery and keep them away from other people until they have been on treatment for 24 hours.
- Bacteria can be transmitted by touching someone with a streptococcal skin infection or by sharing contaminated eating utensils, cups and glasses, clothes, baths, bed linen or towels. Don't share these items.
- All tissues and handkerchiefs that someone with scarlet fever has coughed or sneezed into should be washed or disposed of immediately.
- Good personal hygiene, especially hand washing, is important. Wash your hands thoroughly with soap and water, especially if you have touched any contaminated items.

Complications

Scarlet fever can be complicated by chickenpox. Children who have had **chickenpox** recently are more likely to develop more serious infection during an outbreak of scarlet fever. Parents therefore should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason, please seek medical assistance immediately.

Diary Dates



- Thursday 5th January - Spring Term Commences at 8.30am
- Friday 13th January - Year 4 Swimming commences
- Week commencing
- Monday 16th January - Spring Term Clubs recommence
- Thursday 19th January - Census Day and Special Lunch
- Tuesday 24th January - Sportshall Indoor Athletics tournament at Dame Bradbury's School
- Wednesday 25th January - Sportshall Indoor Athletics tournament at Dame Bradbury's School
- Friday 10th February - Safer Internet Day
- Monday 13th February to Friday 17th February - Half term holiday
- Monday 20th February - Pupils return to school (from 8.30am)
- Tuesday 28th February - Parents/Carers Consultations
- Thursday 2nd March - Parents/Carers Consultations
- Thursday 2nd March - World Book Day
- Friday 31st March - Easter Service in St Mary's Church (all parents/carers welcome)
- Friday 31st March - Last day of Spring term
- Monday 3rd April to Monday 17th April - Easter break
- Monday 17th April - Teaching staff INSET Day

