

# St Mary's Newsletter

Spring Term – Friday 9th December 2022

Telephone 01799 523384

Email: [info@st-maryscofe.essex.sch.uk](mailto:info@st-maryscofe.essex.sch.uk)

Website: [www.stmaryssw.org.uk](http://www.stmaryssw.org.uk)



Attendance Weekly - 94.7%

Attendance Year - 94.8%

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

**Friendship**

**Trust**

**Truthfulness**

**Compassion**

**Perseverance**

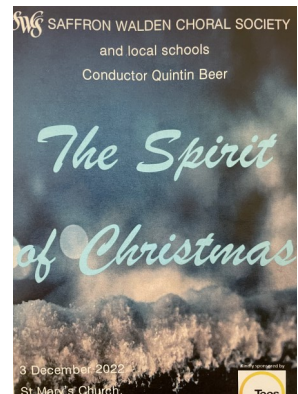
**Respect**

Dear parents, carers and friends of the school,

## **Spirit of Christmas:**

Thank you so much and a HUGE well done to the school choir, who took part in the annual Spirit of Christmas event last Saturday at St Mary's Church. Every single one of the singers who took part in this special community event sang beautifully and with passion and there was even an impressive key change mid way through! You were all incredible and we are so proud of you all.

Special thanks also to Mrs Potter, Miss Hunter (who lead choir rehearsals each week) and Mr Powlesland (who has supported our pupils on the piano).



## **A Day of Yoga!**

On Tuesday 6<sup>th</sup> December, St Mary's school experienced a day of yoga. First we learnt 'stick' where you stand up tall with your feet together and arms by your side. Then we did 'Sun sequence' (which was stick, hands, reach for the sun, elephant, proud horse, dog, snake and back again). We played 'rainstick' where we all laid down and the yoga teacher would tip the rainstick and make a rain sound then he would hand the rainstick over and then we had a go. We had a go at ladybird relaxation at the end when we laid down and our teacher would dangle a ladybird puppet so that it landed on a thumb, a knee, a shoulder and a nose. Two pupils remarked: ***'I liked the rainstick the most because it was relaxing'***, Annabelle and Molly, Year 5. Thank you to Mrs McInnes who organised this really worthwhile experience for our lovely pupils. Please have a look at the Class Updates for lots more of the Yoga photos from your child/ren's class.

## **Generous donations!**

Today the school hosted a number of members of the Holy Royal Arch Executive and the Essex Provincial Charity Stewards Committee, who had come to award our school with a £500 cheque. Our school was chosen based on the 'School's Initiative for 2022', as fulfil the following 3 criteria: we are a primary school, we are close to a Masonic Hall, and we are a school with a high number of SEND pupils. Twenty schools across the whole of Essex were chosen, of which St Mary's was one (as part of the North West area). John Hubbard, Chris Hicks and one of our long-standing Governor's Richard Peet attended the school to take photographs featuring our pupils in their wonderful Christmas jumpers!

We are also extremely fortunate that the Walden Masonic Lodge chose to match fund this generous donation and also contributed £500 - meaning that the school now has £1000 which will be used to pay for additional library books and will benefit all of our pupils!



**Reverse Advent Calendar:**

Another HUGE thank you to everyone who has been donating food items to our Reverse Advent Calendar event, here at St Mary's. As you can see from this photograph there has been a large amount of generous donations from St Mary's families.

Please note that these will be delivered to the Saffron Walden Food Bank on Wednesday next week—where I have no doubt that they will be very gratefully received.



Have a great weekend — do wrap up warm in the cold weather!

Kind regards

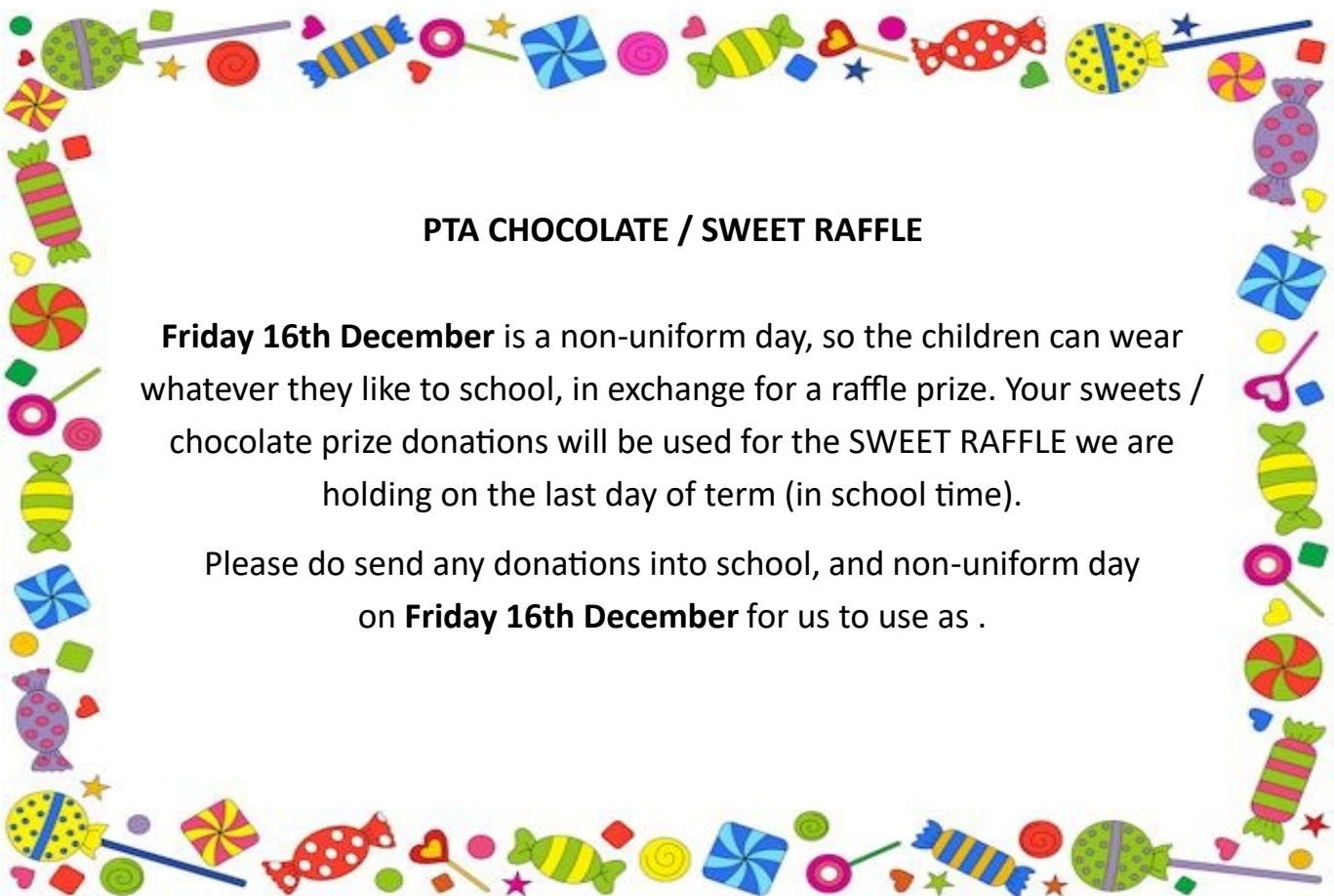
*Mr C. D. Jarman*

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

**PTA CHOCOLATE / SWEET RAFFLE**

**Friday 16th December** is a non-uniform day, so the children can wear whatever they like to school, in exchange for a raffle prize. Your sweets / chocolate prize donations will be used for the SWEET RAFFLE we are holding on the last day of term (in school time).

Please do send any donations into school, and non-uniform day on **Friday 16th December** for us to use as .



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. 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 **Wednesday 19th December**.

**Please note that afternoon clubs will be finishing at the new time of 4.00pm.**



### **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



## Streptococcal infections (Scarlet fever, impetigo, etc)

February 2019

Authors: Caesar Mensah and Tracey 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.



## **St Mary's Christmas Events**

**Friday 9th December**

Save the Children Christmas Jumper Day  
(suggested £1.00 donation)

**Tuesday 13th December - 6pm**

Nativity Performance for parents/carers in St Mary's Church

**Wednesday 14 December**

Christmas Lunch

**Friday 16th December**

PTA Non-Uniform Day (Sweet/Chocolate donations)

**Monday 19th December—1.30pm**

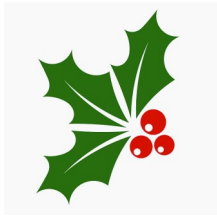
Christmas Service in St Mary's Church (Parents/Carers welcome)

**Tuesday 20th December**

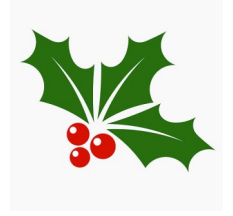
PTA Sweet/Chocolate Raffle

Last Day of Term (1.30pm finish)





## Reverse Advent Calendar



Every year, **Uttlesford Foodbank** give out Christmas hampers full of both basics and Christmas treats to families and individuals living in isolation or poverty. The Reverse Advent Calendar is a way for our children and families to give to others and let their light shine, as well as enabling children to join in with the true spirit of Christmas. To ensure they receive the correct items they have provided us with information to help us. If you could donate some of the items, we would be really grateful.

### How?

From Friday 25th November to Tuesday 13th December, please bring in the suggested items from our list.

### What?

Friday 25th Nov - Long Life Fruit Juice, Coffee or Tea.

Monday 28th Nov - Custard, Jelly or Christmas Puddings.

Tuesday 29<sup>th</sup> Nov - Cooking Sauces, Gravy or Stuffing.

Wednesday 30th Nov - Savoury Crackers or Crisps.

Thursday 1<sup>st</sup> Dec - Christmas Cake or Yule log, Mince pies or Rice Pudding.

Friday 2<sup>nd</sup> Dec - Boxes of Christmas chocolates or Boxes of Biscuits.

Monday 5th Dec - Tinned ham, salmon, sardines.

Tuesday 6th Dec – Christmas Crackers.

Wednesday 7th Dec – Part Baked Bread Rolls.

Thursday 8th Dec – Small Toiletry Items (shower gel, shampoo, hand sanitiser etc).

Friday 9<sup>th</sup> Dec - Tinned Vegetables, Tinned Potatoes or Tinned Soup.

Monday 12<sup>th</sup> Dec – Jams and Spreads.

Tuesday 13<sup>th</sup> Dec - Anything from this list.



# Winter

## Reading Challenge

Saturday 26 November to  
Saturday 28 January



**Pick up your booklet from any Essex library, and  
complete six challenges for a free reward!**

Find out more at [libraries.essex.gov.uk](http://libraries.essex.gov.uk)

Essex Year of  
**Reading**



Essex County Council

# Max's Marvellous Journey to the Moon



**Saffron Walden Library**  
**Thursday 22 December**  
**11am to 12noon**

Join local children's author Maria Sproule  
along with Professor Boggle on an  
interactive journey to the Moon

Suitable for primary school age children

[libraries.essex.gov.uk/events](http://libraries.essex.gov.uk/events)

  
Essex County Council

# Diary Dates



- Monday 28th November - Library visit to for Year 1 (10am—11am)
- Tuesday 29th November - Flu Immunisation for Reception—Year 6 pupils
- Thursday 1st December - Library visit to for Year 3 (10am—11am)
- Friday 2nd December - Library visit to for Reception (11am—12pm)
- Friday 2nd December - School Disco for KS1 pupils (2pm—3pm)  
School Disco for KS2 pupils (5pm—6.30pm)
- Monday 5th December - PTA Panto
- Tuesday 6th December - Reception—Year 5 Yoga Day (PE Kits to be worn)
- Wednesday 7th December - Year 6 Height and Weight Checks
- Thursday 8th December - Library visit to for Year 5 (1pm—2pm)
- Friday 9th December - Library visit to for Year 6 (10am—11am)
- Friday 9th December - Save the Children Christmas Jumper Day
- Monday 12th December - Nativity rehearsal to the school at 9.30am
- Tuesday 13th December - Nativity Performance for parents/carers in St Mary's Church (at 6pm)
- Wednesday 14 December - Christmas Lunch
- Thursday 15th December - Library visit to for Year 4 (10am—11am)
- Friday 16th December - PTA Non-Uniform Day
- Monday 19th December - Christmas Service in St Mary's Church at 1.30pm  
(Parents/Carers welcome)
- Tuesday 20th December - Last Day of Term (1.30pm finish)