

BURNHAM-ON-CROUCH PRIMARY

SCHOOL INFORMATION

NEWSLETTER



Burnham on Crouch
Primary School
Connected to our world

9th February 2024

Mental Health Week – Your Voice Matters!



07.02.24

Year 4

This morning, we spent time 'walking and talking' whilst completing our daily mile for Mental Health Week. The class enjoyed talking about the different topics of discussion with their partners.





MENTAL HEALTH SUPPORT TEAM

Andrew Winton (Senior Mental Health Practitioner from the Mental Health Support Team) will be attending parents' evening from 1.30pm-3pm to support any parents that may wish to speak with him about their child's mental health.



Football Kit

Huge thanks to our neighbours over at Treetops Pre-School who have kindly sponsored a brand new football kit.

Our children will certainly put it to good use!

Pancake Day - Just a reminder Pancake Day is Tuesday 13th February. We will be offering the children the option of a pancake tuck shop with chocolate sauce, lemon & sugar or plain. These will be 50p for **one** pancake each. Please note these must be ordered through parentmail via your account (same as tuck shop/dinner menu) as we cannot accept any cash. This will close at 11.59pm on Monday 12th so please make sure you order in time, as we cannot accept any late orders.




You have what it takes for a rewarding career in fostering

- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.

Ofsted logo, Facebook, Instagram, LinkedIn, YouTube icons

Tel: 01708 395 708 Web: www.nexusfostering.co.uk/Esssex



Why foster with Nexus Fostering?

- Ofsted** Social worker led since 2002
- Consistently rated Outstanding by Ofsted
- Our teams will support you 24/7 days a year, 24 hours a day
- We offer a competitive weekly allowance and benefits packages
- Regular carer support groups, day trips and activities for all the family
- Careful and considered matching process led by our dedicated placements team, leading to successful outcomes
- Bespoke support packages for our therapeutic services and tailor made outreach and support for children
- You'll never stop learning! We offer extensive initial training and continuous in-service training in your development

“Fostering a child can be a rewarding and fulfilling experience for anyone with a passion for helping others.”

If you think you could make a difference to a young person's life, get in touch today for an informal chat about what's involved.

Tel: **01708 395 708**

or visit us online at: www.nexusfostering.co.uk/Esssex

QR code

Suite 1 | Ripon House | 35 Station Lane | Hornchurch | RM12 6JL

At Nexus Fostering based in Hornchurch, we are looking for local people like you to become foster carers. By providing a loving and stable home environment, you can support the increasing number of children and young people in the local area who cannot live in their family homes. Not all children require long-term care. We also need foster carers for short-term placements, respite care, and to provide temporary homes to support young parents and their babies. So, if you have a spare room and are ready to change lives, please give us a call on 01452491980 or email Bridget Fletcher on bridgetf@nexusfostering.co.uk."

FRIENDSHIP DISCO

THURS 15TH FEBRUARY

**ENTRY
£3.50 PER
CHILD**
(SWEET TREAT
AND UNLIMITED
WATER)

**ONLINE
PAYMENT
TO BE MADE
BY TUES
13TH FEB**

**CHILDREN
MUST BE
COLLECTED
ON TIME
AND BY AN
ADULT**

**DROP
OFF AND
PICK UP
FROM
THE NEW
HALL**

DISCO 1 - RECEPTION

4.00PM - 5.00PM

DISCO 2 - YEARS 1 & 2

5.15PM - 6.15PM

DISCO 3 - YEARS 3 & 4

6.30PM - 7.30PM

DISCO 4 - YEARS 5 & 6

7.45PM - 8.45PM

PAYMENT LINK - <https://burnham-on-crouch-primary-school-pta.sumup.link>

IMPORTANT: Please put your **CHILD'S NAME** not your own name when paying and use the correct Disco Group. This helps us to keep track of who has paid/not paid.



<https://burnham-on-crouch-primary-school-pta.sumup.link/>

Caring for children with COUGHS

This poster contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDENT ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDENT ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDENT ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.



Little Sportsters
COACHING

Feb Half Term
20th/21st/22nd
Feb 2024



RED
sports + play
camp

ESSEX MILES
INTERACTIVE
2025



Essex County Council

Essex
ACTIVATE
Half Term



SPORTASTIC HOLIDAY CAMPS
SUITABLE FOR BOYS & GIRLS
4-12 YEARS OLD
WORKING WITH ESSEX ACTIVATE
AND ESSEX COUNTY COUNCIL

TUESDAY-
THURSDAY

9AM - 3PM
EVERYDAY

LUNCH
AVAILABLE
£4.25

£18
FOR 6 HOURS

Sports/Activities Include

- ✓ Tag Rugby
- ✓ Athletics
- ✓ Football
- ✓ Archery
- ✓ Arts and Crafts
- ✓ Multi Sports and many more



Venues in Essex

- Maldon Primary School,
- Wantz Chase, CM9 5DQ
- Willow Brook Primary,
- Colchester, CO4 0DT

Funded Places Available

Follow Us



Book Now - www.lscocoaching.com

info@lscocoaching.com

Love is...

BURNHAM RIVERSIDE JUNIOR PARKRUN

**VALENTINE'S
JUNIOR PARK RUN**

SUNDAY 11th FEBRUARY

WEAR RED AND RUN, JOG OR WALK
THE COURSE WITH A LOVED ONE!



BURNHAM RIVERSIDE PARK - NEXT TO THE MARINA CAR PARK

BRIEFING AND WARM UP FROM 8.45AM

REGISTER AT WWW.PARKRUN.ORG.UK TO GET YOUR BARCODE OR SCAN HERE



NHS
Providing NHS services

Most pharmacies can help you
with **seven common conditions**
without needing a GP appointment

- **Sinusitis**
(adults and children aged 12 years and over)
- **Sore throat**
(adults and children aged 5 years and over)
- **Earache**
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**
(adults and children aged 1 year and over)
- **Impetigo**
(adults and children aged 1 year and over)
- **Shingles**
(adults aged 18 years and over)
- **Urinary tract infection**
(women, aged 16 to 64 years)



Ask your pharmacy for more
information about this
free* NHS service

**Visit your
Pharmacy First!**

*NHS prescription charge rules apply where a medicine is supplied



**GIRLS RUGBY DAY!
SUNDAY 3RD MARCH**

10:30-11:30
AGES 4-8 FUN RUGBY WITH
PRINCESS/SUPERHERO DRESS UP

11:30-12:30
PIZZA AND PRINCESSES/SUPERHERO PARTY
WITH A PRINCESS APPEARANCE!

13:00-14:00
AGES 9-12 FUN RUGBY SESSION WITH FOOD
PROVIDED POST SESSION

14:30-15:30
AGES 12-17 FUN RUGBY SESSION WITH FOOD
PROVIDED POST SESSION

**INTERNATIONAL WOMENS
DAY!**



For any queries please contact either:
specksofburnhamrugby@hotmail.co.uk

or

sallytuson@hotmail.co.uk



SCAN TO BOOK

ACL

FAMILY LEARNING

FREE, local sessions to help
nurture healthy & happy
families



- FREE courses, or workshops, for residents of Essex
- Face to face or online
- Families include parents, carers, grandparents and other family members
- Working in partnerships with schools, community organisations and partners who support families to learn together
- Courses include; Family Fun, Arts & crafts, Cooking, First Aid, Wellbeing, Parenting, Maths, English, Science, Technology, Engineering, and MORE!

TWO WAYS TO SIGN UP TO A FREE COURSE TODAY!

call our friendly team on
03330 321 017

Search 'Family Learning' at
aclessex.com




Essex County Council

Essex Activate Holiday Activity and Food (HAF)

The February half term is only two weeks away and the half term break is solely funded by Essex County Council, offering free holiday activity and food clubs for young people who are eligible for benefits based free school meals and low-income working families.

Clubs are getting booked up very quickly and we would like to ensure all eligible families are aware of what is on offer and securing their spaces.

Please note for February Half term:

- As half term programmes are smaller and clubs offer less days and spaces, sessions are prioritised for young people and families who require extra support the most.
- Families will not receive or book on with a Holiday Activities voucher.
- To book onto a local club, you will use the [Essex ActivAte](#) website.
- Book on with the link, email or contact number provided by the club organisation directly.
- Please note: Clubs will not be running in Thurrock due to half term programmes being solely funded by Essex County Council.

Email: admin@burnham-on-crouch.essex.sch.uk

Website: burnhamprimary.co.uk

Contact: 01621 782070